

EXERCISES

Unfold Yoga and Wellness - Digital

<https://tinyurl.com/yx36bem5>

A series of FREE, live, web-based, 20 minute movement and meditation classes. Recorded sample classes also available anytime.

The first Thursday of every month at 1:30 PM

Planet Fitness Home Work-Ins

<https://tinyurl.com/ukxdgye>

Free in-home workouts for Planet Fitness members and non-members. Recorded classes available anytime.

Streamed live daily at 6 PM.

Disco Dance Class

Learn a short dance routine and work up a sweat to a mix of cheesy funk and disco jams from then and now.

<https://www.youtube.com/watch?v=cgDppkLnImI>

Dance off the Inches – Country Line Dance Party

If you love country line dance this class is perfect for the body and stay happy!

https://www.youtube.com/watch?v=x_ZA-60Qypw

Line dances for Seniors and Beginners - Electric Slide, Cupid Shuffle, and more!

Hope you have so much fun doing these dances! They can be a GREAT workout!! Follow along the video and learn the Electric Slide, Cupid Shuffle, Boot Scoot Boogie, Watermelon Crawl, and Cotton Eyed Joe. Now you will know them next time you go to a wedding reception or Bar Mitzvah, or party. Enjoy!

<https://www.youtube.com/watch?v=uZXQuqPnp8g>