

# AT-HOME FITNESS SCHEDULE

Available for Spectrum Users on  
Channel 732

7 a.m. **Bums & Tums**

8 a.m. **Total Body Express**

9 a.m. **Chair Yoga**

10 a.m. **Total Body**

11 a.m. **Zumba**

12 p.m. **Flex & Flow**

1 p.m. **Sit & Get Fit**

2 p.m. **Cardio Fun**