



PRERECORDED EXERCISE VIDEOS:

- **Balance Class with Charron Andrews, PT. (Video)** Charron offers the popular Balance Class at the Seymour Center and is a licensed physical therapist with nearly 30 years experience working with older adults.
 - [Balance Class with Charron](#)

- **Salli's Senior Yoga and Breathing (Video).** Salli Benedict has a Master's Degree in Public Health, is a registered Yoga Teacher, NIA White Belt, Retired public health researcher and intervention specialist, as well as a University of North Carolina at Chapel Hill; ORDOA fitness and yoga instructor
 - [Salli's Senior Yoga and Breathing Part 1](#)
 - [Salli's Senior Yoga Part 2](#)
 - [Salli's Senior Yoga Part](#)

- **Strength Training with Kevin Kirk (Video).** Instruction includes strength training, balance, stretching, and flexibility exercises for older adults
 - [Strength Training](#)
 - [Advanced Senior Lifting Part 1](#)
 - [Advanced Senior Lifting Part 2](#)