

I have included a link to the recommended YouTube channels. I will continue to add more as they are added to the Instagram post. Thanks for sharing.

FitbyMik <https://youtu.be/g9zFVuVmmCY?si=Y1inXO-D3-YY-65p>

Caroline Given

<https://youtu.be/Mx9RrNZv2TI?si=8Eajz2hQ7jhKxEt9>

Elder got

https://youtu.be/x6wiDew4sYU?si=8-ujjq0gKb9A_3NH

Senior Shape Fitness

<https://youtu.be/pNnfChH3nVg?si=Tsjn1XcVyB09VXb0>

leslie sansone

<https://youtu.be/cvEJ5Wfk2KE?si=WHr4GuJ-bWvSLIQb>

Yoga With Adrienne

<https://youtu.be/2lcWJobNDck?si=3SJFvZIW1FmJTeYz>

Go Fit Fitness

<https://youtu.be/kUAgvcDhLAE?si=mRYSpQbMK9c32Boi>

Easy Fitness Over 50

https://youtu.be/ZCZ77chJH6k?si=B_Ko_nzemylekk21

Jessica Smith

https://youtu.be/W_2X1SXUzNk?si=6KfTW9CoXaEBbQFX

Yes2Next

<https://youtu.be/Hfdajt9lWfo?si=oBNV5KvkjngDKeQJ>

Lift with Cee

https://youtu.be/_JtHg15hs30?si=obYCLJJKYGU19Gn8

Get fit with Rick

https://youtu.be/oBNTQGRCuRw?si=s_3bTxKS6l08gZS7

Virtual Bike Ride

<https://youtu.be/U94MF1ZF81o?si=Mq5CZTLUCDMviJZB>