

YouTube fitness classes for seniors (similar to Stretch, Strength and Stamina)

- Senior Fitness - Range Of Motion & Stretching Workout  
[https://www.youtube.com/watch?v= Md14Kj4BFE](https://www.youtube.com/watch?v=Md14Kj4BFE)
- Senior Fitness - Full Body Workout | Posture Balance and Stretch  
<https://www.youtube.com/watch?v=Q20iQ84W5tw>
- Senior Fitness - Seated Exercises with Weights (Water Bottles)  
<https://www.youtube.com/watch?v=jP9zpiOe85M>
- Sit and Be Fit episode #905  
<https://www.youtube.com/watch?v=fxlHrRYnKOW&t=1392s>
- Sit and Be Fit with Mary Ann Wilson RN, episode 817  
[https://www.youtube.com/watch?v=9-er7mpG7\\_Q](https://www.youtube.com/watch?v=9-er7mpG7_Q)
- Sit and Be Fit Neuropathy Workout segments for the feet  
<https://www.youtube.com/watch?v=m-CBttnRqTI>
- 30 Min Senior Workout Routines - Standing & Seated Chair Exercise for Seniors, Elderly, Older People  
<https://www.youtube.com/watch?v=ASXGYu7IFxE>
- 20 Min Chair Exercises Sitting Down Workout - Seated Exercise for Seniors, Elderly  
<https://www.youtube.com/watch?v=azv8eJgoGLk>