

This is the program schedule and channel information for the Senior Standing and Seated Exercise classes instructed by Madeline Shaw-Moran on the Waltham Community Access Corporation Station.

PUBLIC WCAC-TV SCHEDULE

CLASS	DAY	TIME	VERIZON CH.	COMCAST CH.	RCN CH.	HD CH.
Senior Standing Exercise	Monday	10:00 - 11:00 AM	47	8	3	2147
	Wednesday	10:00 - 11:00 AM	47	8	3	2147
	Friday	10:00 - 11:00 AM	47	8	3	2147
Senior Seated Exercise	Tuesday	10:00 - 11:00 AM	47	8	3	2147
	Thursday	10:00 - 11:00 AM	47	8	3	2147

GOVERNMENT MAC-TV SCHEDULE

CLASS	DAY	TIME	VERIZON CH.	COMCAST CH.	RCN CH.	HD CH.
Senior Seated Exercise	Monday	9:00 - 10:00 AM	43	98	15	613
	Wednesday	9:00 - 10:00 AM	43	98	15	613
	Friday	9:00 - 10:00 AM	43	98	15	613
Senior Standing Exercise	Tuesday	9:00 - 10:00 AM	43	98	15	613
	Thursday	9:00 - 10:00 AM	43	98	15	613