

# Special Olympics Gaston County

## Fall 2020

### Virtual Exercise Videos



Check out these videos to get you up and moving! Special thanks to our coaches who have put these videos together!

- Dance Video 1: [Click Here for Dance Video 1](#)
- Exercises from a Chair:  
<https://photos.app.goo.gl/42YDUwZ9Vd4bPTKo7>
- Dance Video (Rock Music):  
<https://photos.app.goo.gl/ESkdtanzSH2Fre5m46>
- Dance Video 2: <https://photos.app.goo.gl/CnPAa1sKYCm6degY9>
- Hip Hop Dance Video:  
<https://photos.app.goo.gl/5ewbqaJMo8956gRf8>
- Walkercise Video: <https://photos.app.goo.gl/7PN8pQxAQub3KEww6>