



# Bay County TV – Serving the Bay Community

Spectrum Ch. 190    [facebook.com/BayCountyTV](https://facebook.com/BayCountyTV)

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## Bay County TV Weekly Schedule for June 28 - July 4, 2024

**\* = New Program**

### MORNING

8:00 AM	Bay County Recreation - Chair Fit w/ Beth Trahan	28 Min.
*8:30 AM	Renue Physical Therapy Wellness Class - How to Exercise Safely After Pregnancy	40 Min.
*9:30 AM	Hey, Bay City! Podcast #61 (Miss Michigan - Jenae Lodewyk of Bay County)	1 Hr. 2 Min.
*11:00 AM	Michigan Out of Doors Episode #2426	27 Min.
*11:30 AM	Great Lakes Now Episode #2406 (Reef Rescue & Wild Edibles)	27 Min.

### AFTERNOON

12:00 PM	Bay County Mosquito Control - I Am One (West Nile Virus Prevention)	7 Min.
12:30 PM	Bullied: Anti-Bullying Documentary	48 Min.
*1:15 PM	Renue Physical Therapy Wellness Class - How to Exercise Safely After Pregnancy	40 Min.
2:00 PM	Bay County Recreation - Chair Fit w/ Beth Trahan	28 Min.
3:00 PM	Bay County Mosquito Control - I Am One (West Nile Virus Prevention)	7 Min.
*3:30 PM	Hey, Bay City! Podcast #61 (Miss Michigan - Jenae Lodewyk of Bay County)	1 Hr. 2 Min.

### EVENING

5:00 PM	Bullied: Anti-Bullying Documentary	48 Min.
6:00 PM	Bay County Recreation - Chair Fit w/ Beth Trahan	28 Min.
6:30 PM	Bay County Mosquito Control - I Am One (West Nile Virus Prevention)	7 Min.
*7:00 PM	Michigan Out of Doors Episode #2426	27 Min.
*7:30 PM	Great Lakes Now Episode #2406 (Reef Rescue & Wild Edibles)	27 Min.
*8:00 PM	Hey, Bay City! Podcast #61 (Miss Michigan - Jenae Lodewyk of Bay County)	1 Hr. 2 Min.
*9:30 PM	Renue Physical Therapy Wellness Class - How to Exercise Safely After Pregnancy	40 Min.
11:00 PM	Bullied: Anti-Bullying Documentary	48 Min.

### EARLY MORNING

*12:00 AM	Hey, Bay City! Podcast #61 (Miss Michigan - Jenae Lodewyk of Bay County)	1 Hr. 2 Min.
1:30 AM	Bay County Mosquito Control - I Am One (West Nile Virus Prevention)	7 Min.
*2:00 AM	Renue Physical Therapy Wellness Class - How to Exercise Safely After Pregnancy	40 Min.