

DAILY SCHEDULE

Tues

10:00am Chair Yoga Rm: 2
11:00am Balance Class (Beginner)
Rm: 2

**May 20th both classes cancelled*

Wed

Hope your month
is positively
a **May**zing

Thurs

10:00am Mat Yoga Rm: 2
**May 15th Class is Cancelled*

Fri

12:00pm Bingo! On 05/09/25 in
Education Room 1

SPECIAL EVENTS

*Virtual Chair Yoga & Meditation

Mondays and Wednesday's at 12:00pm

Click above to get access to the Zoom link

*Virtual Yoga Stretch

Tuesday & Thursday at 8:30am

Click above to get access to the Zoom link

***All in person classes and events are held at the Holy Cross HealthPlex**



****All classes require registration.** Participants must currently have a Holy Cross Medical Group Primary Care Provider and an active Medicare Insurance Plan to enroll. **Liability and Waiver form must be filled out and signed by Primary Care provider prior to class participation.** For Assistance with registration, please call 954-542-0700 and ask for concierge only.
Calendar can be found on our website <https://www.holy-cross.com/events-search>