

## DAILY SCHEDULE

**Tues**

10:00am Chair Yoga Rm: 2

11:00am Balance Class (Beginner)  
Rm: 2

\*April 8<sup>th</sup> Class is Cancelled\*

**Wed**

Happy Spring 

**Thurs**

10:00am Mat Yoga Rm: 2

\*April 10<sup>th</sup> Class is Cancelled

**Fri**

12:00pm Bingo! On 04/11/25 in  
Education Room 3

## 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



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**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>