Holy Cross Health
A Member of Trinity Health

AgeWell Center
Let us help you Age Well

December 2026

DAILY SCHEDULE

Tues

10:00am Balance Class (Beginner) Rm: 2

11:00am Chair Yoga Rm: 2

No Class on December 8th, 10th, 24th, 29th, and 30th

Wed



Thurs

10:00am Mat Yoga Rm: 2

No Class on December 8th, 10th, 24th, 29th, and 30th

Fri



SPECIAL EVENTS

***Virtual Chair Yoga & Meditation**

Mondays and Wednesday's at12:00pm

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**

**** Every Tuesday - The Balance Class will start at 10:00 am and the Chair Yoga Class will start at 11:00am**



*****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

Calendar can be found on our website ***https://www.holy-cross.com/services/agewell-center/our-event***