

## DAILY SCHEDULE

Tues

10:00am Balance Class (Beginner)

Rm: 2

11:00am Chair Yoga Rm: 2

Wed



Thurs

10:00am Mat Yoga Rm: 2

Fri



## 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

\*\* 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>