

DAILY SCHEDULE

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

Wed 11:30am Tai Chi Class -Sponsored
by Blue Cross Blue Shield
• **NEXT CLASS** May 8th, 15th &
22nd
*Stay tuned for more dates!

Thurs 10:00am Mat Yoga Rm: 2

Fri 11:30am Balance Class Rm: 2
(Intermediate/Advanced)
2ND, 3RD & 4TH Friday of each month

SPECIAL EVENTS

Event: Bingo!

Sponsored by Unicity Senior
Advisors

May 10th at 2pm

Holy Cross HealthPlex Rm. 1

***INTERMEDIATE/ADVANCED BALANCE
CLASSES ARE HELD ON THE 2ND, 3RD AND 4TH
FRIDAYS AT 11:30AM ONLY!**

***Line Dancing will start back up in the
Fall**



All classes require registration. Participants must currently have a Holy Cross Medical Group Primary Care Provider and an active Medicare Insurance Plan to enroll. To register, click on the name of the class and complete the form. For Assistance with registration, please call 954-542-0700.

Calendar can be found on our website <https://www.holy-cross.com/events-search>