

## DAILY SCHEDULE

Tues

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

Wed

\*Due to building renovations and meetings in the building some Wednesday classes will be moved to different days, please stay tuned for those schedule changes.

Thurs

10:00am Mat Yoga Rm: 2  
Line Dancing Fall Classes -  
November TBA TIME/DATE

Fri

11:30am Balance Class Rm: 2  
(Intermediate)  
2<sup>ND</sup>, 3<sup>RD</sup> & 4<sup>TH</sup> Friday of each month  
Line Dancing Fall Classes – TBA  
TIME/DATE

## SPECIAL EVENTS

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

### \*Virtual Chair Yoga & Meditation

Mondays 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

\*No Classes\*

### November

11/12, 11/13

11/28, 11/29

### December

12/6

12/24 - 12/27

12/31 - 01/03



**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>