

Save The Date for Pals In Motion - September 14th, 2025!

Day of the Week:	Time:	Class:	Modality:	Notes:
MONDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:15am-12:15pm	Qigong/Tai Chi	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	12:30pm-1:15pm	Brain Builder	Fit 4 You	
	11:30am-12:15pm	Spinning	Physical Wellness	
	1:30pm-2:15pm	Spinning	Physical Wellness	
	1:30pm-2:30pm	Say It Like You Mean It	Fit 4 You	
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	ORANGE CLIENTS ONLY
	2:30pm-3:30pm	Boxing	Physical Wellness	
	4:00pm-5:00pm	Power Stretch	Healing Arts	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
TUESDAY	9:45am-11:00am	Drums Alive®/Core	Physical Wellness	
	11:15 am-12:15pm	Yes, I Can Move™	Healing Arts	
	11:30am-12:30pm	BED™ Cardio/Falls Prevention	Physical Wellness	
	11:30am-12:15pm	Spinning	Physical Wellness	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	12:30pm-1:30pm	Pilates	Healing Arts	
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	ORANGE CLIENTS ONLY
	1:30pm-2:30pm	Music that Moves You: Choir	Fit 4 You	
WEDNESDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	
	11:30am-12:15pm	Spinning	Physical Wellness	
	1:30pm-2:30pm	Melodica with Kevin	Fit 4 You	August 6, 20 Only
	3:30pm-4:30pm	Boxing	Physical Wellness	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
THURSDAY	9:45am-11:00am	Functional Movement/Drums Alive®	Healing Arts/Physical Wellness	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:30pm	BED™ Cardio/Falls Prevention	Physical Wellness	
	11:30am-12:15pm	Spinning	Physical Wellness	
	12:30pm-1:30pm	Pilates Strong	Healing Arts	
	12:30 pm-1:30pm	Loud Crowd®	Fit 4 You	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	12:45pm-2:00pm	Client Assessments	N/A	
	1:15pm-2:30pm	Client Assessments	N/A	
	1:30pm-2:15pm	Music that Moves You: Drumming	Fit 4 You	
	2:30pm-3:30pm	Stretch and Release	Healing Arts	
FRIDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™ Strength	Physical Wellness	
	11:30am-12:30pm	Better Every Day™ Strength/Drums Alive®	Physical Wellness	ORANGE CLIENTS ONLY
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	
	12:30pm-1:00pm	Spinning (GEARS Study)	Physical Wellness	GEARS Study Participants ONLY
	1:00pm-2:00pm	Bike and Box	Physical Wellness	

PLEASE NOTE:

Classes on this calendar are held at InMotion, 23905 Mercantile Road, Beachwood 44122

Check your Sunday email for the Zoom class schedule and links to register for those classes

To enroll in any Better Every Day™, Boxing, Drums Alive®, Spinning, or Pilates classes, a recent physical assessment is needed

Register for all these events on MindBody, at the Front Desk, or by calling 216-342-4417

For the most up to date class cancellations or schedule changes, please refer to MindBody or call the front desk at 216-342-4417