

InMotion classes will be cancelled on Wednesday, December 24 and Thursday, December 25 in observance of the Christmas holiday. Classes will also be cancelled on Wednesday, December 31 and Thursday, January 1 to celebrate the new year. Happy Holidays!

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	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	G/O/B
	11:30am-12:15pm	Spinning	Physical Wellness	
	12:30pm-1:15pm	Brain Builder	Fit 4 You	
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	ORANGE CLIENTS ONLY
	1:30pm-2:30pm	Say It Like You Mean It	Fit 4 You	
	1:30pm-2:15pm	Spinning	Physical Wellness	
	2:30pm-3:30pm	Boxing	Physical Wellness	
	4:00pm-5:30pm	Pickleball	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	
	12:45pm-1:30pm	Current Client Assessments	N/A	DECEMBER 2 ONLY
	1:15pm-2:00pm	Current Client Assessments	N/A	DECEMBER 2 ONLY
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	ORANGE CLIENTS ONLY
	1:30pm-2:30pm	Music that Moves You: Choir	Fit 4 You	
	1:45pm - 2:30pm	Current Client Assessments	N/A	DECEMBER 2 ONLY
	2:00pm-3:00pm	Rx for PD™ Coaching Session	Support & Education	December 9 and 16 ONLY
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	G/O/B
	11:30am-12:15pm	Spinning	Physical Wellness	
	1:30pm-2:30pm	Melodica with Kevin	Fit 4 You	December 3 and 17 ONLY
	3:30pm-4:30pm	Boxing	Physical Wellness	
	4:00pm-5:30pm	Pickleball	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	BED™ Cardio/Falls Prevention	Physical Wellness	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:15pm	Spinning	Physical Wellness	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	12:30 pm-1:30pm	Loud Crowd®	Fit 4 You	
	12:30pm-1:30pm	Pilates Strong	Healing Arts	
	12:45pm-1:30pm	Client Assessments	N/A	December 4 and 11 ONLY
	1:15pm-2:00pm	Client Assessments	N/A	December 4 and 11 ONLY
	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	G/O/B
	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, OH 44122

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

To enroll in any Physical Wellness classes, a recent physical assessment is needed

Register 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