

InMotion® will be closed from Wednesday, November 26 - Friday, November 28 for Thanksgiving.

We will be hosting our Holiday Market this month!

• November 17 from 4pm - 7pm: Sip and Shop • November 18 - 21 from 9am - 4pm: Holiday Market

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-12:15pm	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	
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	ORANGE CLIENTS ONLY
	1:30pm-2:30pm	Music that Moves You: Choir	Fit 4 You	
	2:00pm-3:00pm	Rx for PD™ Coaching Session	Support & Education	November 11 and 18 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	
	11:30am-12:15pm	Spinning	Physical Wellness	
	1:30pm-2:30pm	Melodica with Kevin	Fit 4 You	November 5 and 19 ONLY
	3:30pm-4:30pm	Boxing	Physical Wellness	
	4:00pm-5:30pm	Pickleball	Physical Wellness	
THURSDAY	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
	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	November 6 and 13 ONLY
	1:15pm-2:00pm	Client Assessments	N/A	November 6 and 13 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	
	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