

# July, 2021

# Classes held at InMotion


Monday

Tuesday

Wednesday

Thursday

Friday

<p>Advance registration required.                  Yellow- Y                  Green- G                  Orange- O                  Blue- B</p> <p>To enroll in BED, Boxing, Spinning, you need to have had a recent Assessment for G/O/B</p>	<p><b>*Pole Striding Plus</b> meets at <b>Orange Village Comm. Park- 4600 Lander Rd.</b>                  -From Lander Rd heading South- pass the park entrance, pass the fire dept., make a Right onto Pike Dr. and a Rt into parking lot. From Lander heading North- make a Left onto Pike Dr before the fire dept., then make a RT into parking lot. In the <b>event of rain</b>, class will move to In-Motion and provide indoor poles.</p>	<p><b>July 27<sup>th</sup> Ask the Doctor at 5pm at InMotion "Thriving Through Uncertainty" with Dr. Francoise Adan</b></p>	<p><b>1</b>                  9:45 Mindful Movemt- <b>Women only</b>                  11:30 Yes, I Can Move                  11:30 Spinning Green/Orange/Blue  <b>12:30 Assessments G/O/B</b>                  3:30-4:15 Art Workshop</p>	<p><b>2</b>                  11:00 Mindful Motivation-                  12:45 Drumming</p>
<p><b>5</b> <b>Closed</b>                  In observance of Independence Day</p> 	<p><b>6</b>                  9:00 Pole Striding Plus O/B*                  11:30 Spinning G/O/B                  1:00 Song in My Heart</p>	<p><b>7</b>                  9:45 Mindful Movement O/B                  11:30 BED Orange/ Blue                  2-3 BED Green                  2-3 BED Yellow                  3:30 Boxing Green/Orange/Blue                  4:30 Tai Chi O/B                  5:45 BED Blue</p>	<p><b>8</b>                  9:45 Mindful Movemt- <b>Women only</b>                  11:30 Yes, I Can Move                  11:30 Spinning Green/Orange/Blue  <b>12:30 Assessments G/O/B</b>                  2-3 Ask the Doctor** Zoom only                  3:15-4:15 Art Workshop</p>	<p><b>9</b>                  11:00 Mindful Motivation-                  12:45 Drumming</p>
<p><b>12</b>                  9:45 Mindful Movement G/O/B                  11:30 BED B/O                  11:30 BED Green                  1:30-2 Boxing - Yellow                  2:30 Boxing Green/Orange/Blue                  4:30 Tai Chi                  5:45 BED Orange/Blue</p>	<p><b>13</b>                  9:00 Pole Striding Plus O/B*                  11:30 Spinning G/O/B                  1:00 Song in My Heart</p>	<p><b>14</b>                  9:45 Mindful Movement O/B                  11:30 BED Orange/ Blue                  2-3 BED Green                  2-3 BED Yellow                  3:30 Boxing Green/Orange/Blue                  4:30 Tai Chi O/B                  5:45 BED Blue</p>	<p><b>15</b>                  9:45 Mindful Movemt- <b>Women only</b>                  11:30 Yes, I Can(!) Move                  11:30 Spinning Green/Orange/Blue                  3:15-4:15 Art Workshop</p>	<p><b>16</b>                  11:00 Mindful Motivation-  <b>New 4 week session</b> starts                  12:45 Drumming</p>
<p><b>19</b>                  9:45 Mindful Movement G/O/B                  11:30 BED B/O                  11:30 BED Green                  1:30-2 Boxing - Yellow                  2:30 Boxing Green/Orange/Blue                  4:30 Tai Chi                  5:45 BED Orange/Blue</p>	<p><b>20</b>                  9:00 Pole Striding Plus O/B*                  11:30 Spinning G/O/B                  1:00 Song in My Heart</p>	<p><b>21</b>                  9:45 Mindful Movement O/B                  11:30 BED Orange/ Blue                  2-3 BED Green                  2-3 BED Yellow                  3:30 Boxing Green/Orange/Blue                  4:30 Tai Chi O/B                  5:45 BED Blue</p>	<p><b>22</b>                  9:45 Mindful Movemt- <b>Women only</b>                  11:30 Yes, I Can Move                  11:30 Spinning Green/Orange/Blue  <b>12:30 Assessments G/O/B</b>                  3:15-4:15 Art Workshop</p>	<p><b>23</b>                  11:00 Mindful Motivation                  12:45 Drumming</p>
<p><b>26</b>                  9:45 Mindful Movement G/O/B                  11:30 BED B/O                  11:30 BED Green                  1:30-2 Boxing - Yellow                  2:30 Boxing Green/Orange/Blue                  4:30 Tai Chi                  5:45 BED Orange/Blue</p>	<p><b>27</b>                  9:00 Pole Striding Plus O/B*                  11:30 Spinning G/O/B                  1:00 Song in My Heart  <b>5:00- Ask the Doctor "Thriving Through Uncertainty" Dr. Francoise Adan</b></p>	<p><b>28</b>                  9:45 Mindful Movement O/B                  11:30 BED Orange/ Blue                  2-3 BED Green                  2-3 BED Yellow                  3:30 Boxing Green/Orange/Blue                  4:30 Tai Chi O/B                  5:45 BED Blue</p>	<p><b>29</b>                  9:45 Mindful Movemt- <b>Women only</b>                  11:30 Yes, I Can Move                  11:30 Spinning Green/Orange/Blue  <b>12:30 Assessments G/O/B</b>                  3:15-4:15 Art Workshop</p>	<p><b>30</b>                  11:00 Mindful Motivation                  12:45 Drumming</p>