



# Classes and Programs

## October 2021

<b>Notes</b>	Advance registration required for all classes.	Green/Orange/Blue clients: It's time to get <u>your 2<sup>nd</sup> Assessment</u> . Check this calendar and register!	To enroll in Green/Orange/Blue Better Every Day™, Boxing or Spinning, a recent Assessment is needed.
<b>Special Events</b>	Oct 28 6:00 pm-7:15 pm via Zoom   Hosted by The Gathering Place and InMotion <i>Impact of Plant-Based Nutrition on Chronic Disease</i> with Stephanie Hopkins, MS, RDN, LD.		

Day of the Week	Time	Class	Color Level
<b>MONDAYS</b>			
Oct 11, 18, 25 only Oct 4 only	9:45 am	Mindful Movement	Green/Orange/Blue
	11:30 am	Better Every Day™	Orange/Blue
	11:30 am	Better Every Day™	Green
	12:45 pm-2:00 pm	Mindful Movement/ Better Every Day™/Boxing –	Yellow
	2:00 pm-2:30 pm	Boxing	Green
	2:30 pm	Boxing	Orange/Blue only
	4:30 pm	Tai Chi	All Colors
	5:45 pm	Better Every Day™	Orange/Blue
	5:45 pm	Assessments	Orange/Blue
<b>TUESDAYS</b>			
Oct 5 only	9:00 am	Pole Striding Plus	Orange/Blue
	11:30 am	Spinning	Green/Orange/Blue
	1:00 pm	Song in My Heart	All Colors
	2:00 pm	Loud Crowd	All Colors
<b>WEDNESDAYS</b>			
Oct 6, 20, 27 only Oct 13 only	9:45 am	Mindful Movement	Green/Orange/Blue
	11:30 am	Better Every Day™	Orange/Blue
	1:45 pm-3:00 pm	Mindful Movement/ Better Every Day™/Drums	Yellow
	2:00 pm-3:00 pm	Better Every Day™	Green
	3:00 pm-3:30 pm	Boxing	Green only
	3:30 pm	Boxing	Orange/Blue only
	4:30 pm	Tai Chi	Orange/Blue
	5:45 pm	Better Every Day™	Orange/Blue
	5:45 pm	Assessments	Orange/Blue



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Day of the Week	Time	Class	Color Level
<b>THURSDAYS</b>			
	9:45 am	Mindful Movement- Women only	All Colors
	11:15 am	Yes, I Can Move	All Colors
	11:30 am	Spinning	Orange/Blue only
	12:00 pm-1:00 pm	Assessments	Orange/Blue
	12:30 pm-1:15 pm	Spinning	Green/Orange/Blue
	1:30 pm-2:30 pm	Assessments	Orange/Blue
	3:15 pm-4:15 pm	Art Workshop	All Colors
<b>FRIDAYS</b>			
	11:15 am-12:30 pm	Mindful Movement	All Colors
	12:00 pm-1:00 pm	Assessments	Green/Orange
Oct 1, 8, 15 only	1:00 pm	Drumming	All Colors
	1:30 pm-2:30 pm	Assessments	Green/Orange

<h2>Additional Information</h2>	<p>Pole Striding Plus meets at Orange Village Community Park at 4600 Lander Road 44022. In the event of rain, class will be at InMotion.</p> <p>Directions: <u>From Lander Rd heading south</u>, pass the park entrance, pass the fire dept, make a right onto Pike Drive and a right into the parking lot. <u>From Lander heading north</u>, make a left onto Pike Drive before the fire dept, then make a right into the parking lot.</p>
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