



Classes and Programs

November 2021

Notes	Advance registration required for all classes.	<i>When the weather is snowy: please bring a dry pair of shoes and change at the new wood benches in the lobby. Wet shoes or boots should be left in the coat room. Thank you</i>	To enroll in Green/Orange/Blue Better Every Day™, Boxing or Spinning, a recent Assessment is needed.
Special Info	There are no classes on the 24 th , 25 th or 26 th Enjoy your Thanksgiving Holiday!		

Day of the Week	Time	Class	Color Level
MONDAYS			
	9:45 am 11:30 am 11:30 am 12:45 pm-2:00 pm 2:00 pm-2:30 pm 2:30 pm 4:30 pm 5:45 pm	Mindful Movement Better Every Day™ Better Every Day™ Mindful Movement/ Better Every Day™/Boxing Boxing Boxing Tai Chi Better Every Day™	Green/Orange/Blue Orange/Blue Green Yellow Green Orange/Blue only All Colors Orange/Blue
TUESDAYS			
NO POLE CLASS ON NOV. 30TH	9:00 am 11:30 am 1:30 pm (new time) 2:30 pm (new time)	Pole Striding Plus Spinning Song in My Heart Loud Crowd	Orange/Blue Green/Orange/Blue All Colors All Colors
WEDNESDAYS			
<p data-bbox="174 1162 422 1195">Closed on the 24TH</p> 	9:45 am 11:30 am 1:45 pm-3:00 pm 2:00 pm-3:00 pm 3:00 pm-3:30 pm 3:30 pm 4:30 pm 5:45 pm	Mindful Movement Better Every Day™ Mindful Movement/ Better Every Day™/Drums Better Every Day™ Boxing Boxing Tai Chi Better Every Day™	Green/Orange/Blue Orange/Blue Yellow Green Green only Orange/Blue only Orange/Blue Orange/Blue



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Day of the Week	Time	Class	Color Level
THURSDAYS			
Closed on the 25 TH	9:45 am	Mindful Movement- Women only	All Colors
	11:15 am-12:15	Yes, I Can Move	All Colors
	11:30 am-12:15	Spinning	Orange/Blue only
	12:30 pm-1:15 pm	Spinning	Green/Orange/Blue
Nov. 11 th only	12:00 pm-1:00 pm	New Client Assessment/make up Assessment	Green/Orange/Blue
Nov. 11 th only	1:30 pm-2:30 pm	New Client Assessment/make up Assessment	Green/Orange/Blue
	3:15 pm-4:15 pm	Art Workshop	All Colors
FRIDAYS			
Closed on the 26 TH	11:15 am-12:30 pm	Mindful Movement	All Colors

Additional Information	<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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