



Classes and Programs

January 2022

Notes	All classes this month will be on Zoom. Links will be found in the Sunday newsletter.	Once you register for each class, you will be sent a zoom link for that class.	To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive (O/B) or Spinning, a recent Assessment is needed.
Special Info		InMotion will be closed for zoom classes on Jan. 17 th for MLK day.	

Day of the Week	Time	Class	Color Level
MONDAYS			
No classes on Jan. 17th - MLK NO TAI CHI ON JAN. 10TH	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			
	1:30-2:15pm, 2:30 pm	Song in My Heart Loud Crowd	All Colors All Colors
WEDNESDAYS			
NO TAI CHI ON JAN. 5TH	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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THURSDAYS			
JAN. 13TH AND 27TH ONLY	9:45 am 11:15 am-12:15 12:00 pm-1:00 pm	Mindful Movement- Women only Yes, I Can Move New Client Assessment/make up Assessment	All Colors All Colors
FRIDAYS			
NOTE NEW TIME	9:45 am	Mindful Movement	All Colors

Additional Information	
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