



Classes and Programs

August 2022

Notes	Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the zoom schedule and links	*Covid Booster documentation required for all classes at InMotion	To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive™ (O/B) or Spinning, a recent Assessment is needed.
Special Info	Masks are required at InMotion throughout the building August 25th 4:30pm: "Ask the Expert"- Dr. Steven Gunzler		

Day of the Week	Time	Class	Color Level
MONDAYS			
NEW TIME	10:00 am 11:30 am 11:30 am 12:45 pm-2:00 pm NEW- 1:30-2:30 pm 2:00 pm-2:30 pm 2:30 pm 4:30 pm 5:30 pm	Mindful Movement Better Every Day™ Better Every Day™ Mindful Movement/ Better Every Day™/Boxing Say It Like You Mean It Boxing Boxing Tai Chi- Zoom only Better Every Day™ Strength	Green/Orange/Blue Orange/Blue Green Yellow Orange/Blue only Green Orange/Blue only All Colors Orange/Blue
TUESDAYS			
	9:45 am 11:30 am 12:30 pm 1:30-2:15pm	Drums Alive™/Core Spinning Art Workshop Music that Moves You	Orange/Blue ONLY Green/Orange/Blue All Colors All Colors
WEDNESDAYS			
NEW TIME	10:00 am 11:30 am 12:45 pm-2:00 pm 2:00 pm-3:00 pm 3:00 pm-3:30 pm 3:30 pm 4:30 pm 5:30 pm	Mindful Movement Better Every Day™ Mindful Movement/ Better Every Day™/Drums Better Every Day™ Boxing Boxing Tai Chi - Zoom only Better Every Day™ Strength	Green/Orange/Blue Orange/Blue Yellow Green Green only Orange/Blue only Orange/Blue Orange/Blue



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THURSDAYS			
NEW TIME	10:00 am	Mindful Movement	All Colors
	11:15 am-12:15	Yes, I Can Move	All Colors
NEW -	11:15-12:15	Brain Builder	Yellow/Green
	11:30 am-12:15	Spinning	Orange/Blue only
	12:30 pm-1:15 pm	Spinning	Green/Orange/Blue
	12:30 pm-1:30 pm	Loud Crowd	All Colors
	1:30-2:15pm	Music that Moves You	All Colors
AUGUST 11TH AND 25TH	Noon-1:00pm	New Client and Make-up Assessments	Green/Orange/Blue
AUGUST 25TH	4:30-5:30pm	Ask the Expert: Dr. Steven Gunzler	All
FRIDAYS			
NEW TIME	10:00 am	Mindful Movement	All Colors
	11:30 am	Better Every Day™ Strength/Drums Alive™	Green only
	11:30 am	Better Every Day™ Strength	Orange/Blue only

Additional Information

*Send a copy of your vaccine booster to drossman@beinmotion.org
(required for in-person classes)