



Classes and Programs

September 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 InMotion is CLOSED on Monday, Sept. 5th and Monday, Sept. 19th		

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



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THURSDAYS			
	10:00 am	Mindful Movement	All Colors
	11:15 am-12:15 pm	Yes, I Can Move	All Colors
	11:15-12:15 pm	Brain Builder	Yellow/Green
	11:30 am-12:15 pm	Spinning - Baseball theme on Sept. 1st - Go Guardians	Orange/Blue only
	12:30 pm-1:15 pm	Spinning - Baseball theme on Sept. 1st - Go Guardians	Green/Orange/Blue
	12:30 pm-1:30 pm	Loud Crowd	All Colors
	1:30-2:15pm	Music that Moves You	All Colors
SEPT. 8TH AND 22ND	Noon-1:00pm	New Client and Make-up Assessments	Green/Orange/Blue
FRIDAYS			
	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)