




Classes and Programs

November, 2022

<p>Notes</p>	<p>Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the Zoom schedule and links</p>		<p>To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive™ (O/B) or Spinning, a recent Assessment is needed.</p>
<p>Special Info</p>	<p>InMotion is CLOSED on Nov. 23-25 for Thanksgiving</p>		
	<p>Ask the Expert: <i>“Strategies for Coping with Mental Health Challenges During the Winter Months”</i> Chris Zalewski, MSW, LCSW, LISW-S Thursday, November 10th 4:30 pm-5:30 pm; Register via Sunday email</p>		
<p>This month</p>	<p><u>Yellow Assessments</u> will be during the Mon. & Wed. Combo classes at 12:45pm.</p>		

Day of the Week	Time	Class	Color Level
MONDAYS			
	9:45 am 11:30 am 11:30 am 12:45 pm-2:00 pm 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	All Colors Orange/Blue Green Yellow Orange/Blue only Green Orange/Blue only All Colors Orange/Blue
TUESDAYS			
<p>NEW No class on Nov. 22</p>	9:45 am 11:30 am 11:30 am 12:30 pm 1:30-2:15 pm	Drums Alive™/Core BED™ Cardio/ Falls Prevention Spinning Art Workshop Music that Moves You	Orange/Blue ONLY Green Green/Orange/Blue All Colors All Colors



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Day of the Week	Time	Class	Color Level
WEDNESDAYS			
NEW November 16th only	9:45 am 11:30 am 12:45 pm-2:00 pm 1:00 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 PD Cafe Better Every Day™ Boxing Boxing Tai Chi - Zoom only Better Every Day™ Strength	All Colors Orange/Blue Yellow Y/G/O/B and CarePartners Green Green only Orange/Blue only Orange/Blue Orange/Blue
THURSDAYS			
NEW NO CLASS ON 11/17 NO CLASS ON 11/17 No Assessment on Nov. 24th No class on Nov. 3rd November 10th only	9:45 am 11:15 am-12:15 pm 11:15-12:15 pm 11:30 am 11:30 am-12:15 pm 12:30 pm-1:15 pm 12:30 pm-1:30 pm 1:00 pm-2:00 pm 1:30-2:15pm 4:30 pm-5:30 pm	Mindful Movement Yes, I Can Move Brain Builder Better Every Day™ Spinning Spinning Loud Crowd New client and Makeup Assessments Music that Moves You Ask the Expert:	All Colors All Colors Yellow/Green Orange/Blue Orange/Blue only Green/Orange/Blue All Colors Green/Orange/Blue All Colors All Colors
FRIDAYS			
	9:45 am 11:30 am 11:30 am	Mindful Movement Better Every Day™ Strength/Drums Alive™ Better Every Day™ Strength	All Colors Green only Orange/Blue only