



Classes and Programs

December, 2022

Notes	Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the Zoom schedule and links	For InMotion Winter closings check: <u>WKYC Channel 3</u> , or WKYC online.	To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive™ (O/B) or Spinning, a recent Assessment is needed.
Special Info	<p>InMotion is CLOSED on Dec. 26th for the Christmas Holiday</p> <p>InMotion is CLOSED on January 2nd for New Year's Holiday</p>		
This month	<u>Yellow Assessments</u> will be during the Mon. & Wed. Combo classes at 12:45pm.		

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			
	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			
<p>No Class on 12/21 No class on 12/28</p> <p>December 14th only No class on 12/28</p>	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			
<p>No class on 12/29 No class on 12/29</p> <p>No class on 12/29 December 1st, 8th, 15th only No class on 12/ 8</p>	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	Mindful Movement Yes, I Can Move Brain Builder Better Every Day™ Spinning Spinning Loud Crowd New client and Makeup Assessments Music that Moves You	All Colors All Colors Yellow/Green Orange/Blue Orange/Blue only Green/Orange/Blue All Colors Green/Orange/Blue All Colors
FRIDAYS			
<p>No class on 12/30</p>	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