



Classes and Programs

December, 2022

Notes	Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the oom schedule and links	For InMotion Winter closings check: <u>WKYC</u> Channel 3, 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	InMotion is CLOSED on Dec. 26 th for the Christmas Holiday InMotion is CLOSED on January 2 nd for New Year's Holiday		
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	Mindful Movement	All Colors
	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	BED™ Cardio/ Falls Prevention	Green
	11:30 am	Spinning	Green/Orange/Blue
	12:30 pm	Art Workshop	All Colors
	1:30-2:15 pm	Music that Moves You	All Colors



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Day of the Week	Time	Class	Color Level
WEDNESDAYS			
No Class on 12/21	9:45 am	Mindful Movement	All Colors
	11:30 am	Better Every Day™	Orange/Blue
	12:45 pm-2:00 pm	Mindful Movement/ Better Every Day™/Drums	Yellow
December 14th only	1:00 pm-2:00 pm	PD Cafe	Y/G/O/B and CarePartners
	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
THURSDAYS			
	9:45 am	Mindful Movement	All Colors
	11:15 am-12:15 pm	Yes, I Can Move	All Colors
No class on 12/29	11:15-12:15 pm	Brain Builder	Yellow/Green
No class on 12/29	11:30 am	Better Every Day™	Orange/Blue
	11:30 am-12:15 pm	Spinning	Orange/Blue only
	12:30 pm-1:15 pm	Spinning	Green/Orange/Blue
No class on 12/29	12:30 pm-1:30 pm	Loud Crowd	All Colors
December 1st, 8th, 15th only	1:00 pm-2:00 pm	New client and Makeup Assessments	Green/Orange/Blue
No class on 12/ 8	1:30-2:15pm	Music that Moves You	All Colors
FRIDAYS			
	9:45 am	Mindful Movement	All Colors
	11:30 am	Better Every Day™ Strength/Drums Alive™	Green only
No class on 12/30	11:30 am	Better Every Day™ Strength	Orange/Blue only