



# Classes and Programs

January, 2023

<b>Notes</b>	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</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.
<b>Special Info</b>	<b>InMotion is CLOSED</b> on January 2 <sup>nd</sup> for New Year's Holiday <b>InMotion is CLOSED</b> on January 16 <sup>th</sup> in honor of MLK Day		
<b>This month</b>	New Client and Make-up Assessments G/O/B will be Thursday, Jan. 12 <sup>th</sup> and 26 <sup>th</sup> at 1p.m.		

Day of the Week	Time	Class	Color Level
<b>MONDAYS</b>			
<p><b>NEW Starts Jan. 9<sup>th</sup></b></p> <p><b>NEW Starts Jan. 9<sup>th</sup></b></p>	9:45 am 11:30 am 11:30 am <b>12:30-1:15 pm</b> 12:45 pm-2:00 pm 1:30-2:30 pm <b>1:30 pm-2:30 pm</b> 2:30 pm 4:30 pm 5:30 pm	Mindful Movement Better Every Day™ Better Every Day™ <b>Brain Builder</b> Mindful Movement/ Better Every Day™/Boxing Say It Like You Mean It <b>BED™/Boxing</b> Boxing Tai Chi- <b>Zoom only</b> Better Every Day™ Strength	All Colors Orange/Blue Green <b>Orange/Blue</b> Yellow Orange/Blue only <b>Green</b> Orange/Blue only All Colors Orange/Blue
<b>TUESDAYS</b>			
<p><b>NEW Starts Jan. 17<sup>th</sup></b></p>	9:45 am 11:30 am 11:30 am 12:30 pm <b>12:30 -1:15 pm</b> 1:30-2:15 pm	Drums Alive™/Core BED™ Cardio/ Falls Prevention Spinning Art Workshop <b>Pilates</b> Music that Moves You	Orange/Blue ONLY Green Green/Orange/Blue All Colors <b>Orange/Blue</b> All Colors



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Day of the Week	Time	Class	Color Level
<b>WEDNESDAYS</b>			
<b>January 18<sup>th</sup> only</b>	9:45 am 11:30 am 12:45 pm-2:00 pm <b>1:00 pm-2:00 pm</b> 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 <b>PD Cafe</b> Better Every Day™ Boxing Boxing Tai Chi - <b>Zoom only</b> Better Every Day™ Strength	All Colors Orange/Blue Yellow <b>Y/G/O/B and CarePartners</b> Green Green only Orange/Blue only Orange/Blue Orange/Blue
<b>THURSDAYS</b>			
<b>NEW START TIME</b>  <b>January 12<sup>th</sup> and 26<sup>th</sup> only</b>	9:45 am 11:15 am-12:15 pm 11:15-12:15 pm <b>11:30 am</b> 11:30 am-12:15 pm 12:45 pm-1:30 pm 12:30 pm-1:30 pm <b>1:00 pm-2:00 pm</b> 1:30-2:15pm	Mindful Movement Yes, I Can Move Brain Builder <b>Better Every Day™</b> Spinning Spinning Loud Crowd <b>New client and Makeup Assessments</b> Music that Moves You	All Colors All Colors Yellow/Green <b>Orange/Blue</b> Orange/Blue only Green/Orange/Blue All Colors <b>Green/Orange/Blue</b> <b>All Colors</b>
<b>FRIDAYS</b>			
<b>NEW-Jan. 13<sup>th</sup> and 27<sup>th</sup></b> <b>NEW-Starts Jan. 20th</b>	9:45 am 11:30 am 11:30 am <b>12:15-1:00 pm</b> <b>1:00 pm</b>	Mindful Movement Better Every Day™ Strength/Drums Alive™ Better Every Day™ Strength <b>Seated Tap Time™ and Seated Rhythm™</b> <b>Bike and Box with Sandy Ellis</b>	All Colors Green only Orange/Blue only <b>Yellow</b> <b>Blue only</b>