



Classes and Programs

February, 2023

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</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	To KEEP INMOTION FLOORS SAFE AND DRY: On snowy or wet days, please bring a dry pair of shoes.		
This month	New Client and Make-up Assessments G/O/B will be Thursday, Feb. 9th and 23rd at 1p.m. Check out the new classes highlighted in Yellow.		

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



Classes and Programs

February, 2023

Day of the Week	Time	Class	Color Level
WEDNESDAYS			
February 15th 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			
February 9th and 23rd only	9:45 am 11:15 am-12:15 pm 11:15-12:15 pm 11:30 am 11:30 am-12:15 pm 12:45 pm-1:30 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			
NEW	9:45 am 11:30 am 11:30 am 1:00pm	Mindful Movement Better Every Day™ Strength/Drums Alive™ Better Every Day™ Strength Bike and Box with Sandy Ellis	All Colors Green only Orange/Blue only Blue only