



# Classes and Programs

June, 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	InMotion is <b>CLOSED</b> June 19 <sup>th</sup> in observance of Juneteenth	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>"2<sup>nd</sup> Annual Living in Motion" Friday, June 9<sup>th</sup> 9:30-12:30 pm</b> <b>EVENT KEYNOTE SPEAKER:</b> <b>Michael Okun, MD "Ending Parkinson's Disease and Updates in Research"</b> <i>(no regular classes on June 9<sup>th</sup>)</i>		
	<b>PD Café on June 14<sup>th</sup> and 28<sup>th</sup> at 1pm Register online or at the Front Desk</b>		

Day of the Week	Time	Class	Color Level
<b>MONDAYS</b>			
	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- <b>Zoom only</b> Better Every Day™ Strength	All Colors Orange/Blue Green Orange/Blue Yellow Orange/Blue only Green Orange/Blue only All Colors Orange/Blue
<b>TUESDAYS</b>			
	9:45 am 11:30 am 11:30 am 12:30 pm 12:30 -1:30 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



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Day of the Week	Time	Class	Color Level
<b>WEDNESDAYS</b>			
<b>June 14<sup>th</sup> and 28<sup>th</sup> only</b>	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 - <b>Zoom only</b> 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
<b>THURSDAYS</b>			
<b>Assessment 8<sup>th</sup> and 22<sup>nd</sup></b>	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 Think Loud Better Every Day™ Spinning Spinning Loud Crowd <b>Client Assessments</b> Music that Moves You	All Colors All Colors Yellow/Green Orange/Blue Orange/Blue only Green/Orange/Blue All Colors <b>New &amp; Clients needing assessmt</b> All Colors
<b>FRIDAYS</b>			
<b>June 2<sup>nd</sup> and 16<sup>th</sup> only</b>	9:45 am 11:30 am 11:30 am 12:15-1:00pm 1:00pm	Mindful Movement Better Every Day™ Strength/Drums Alive® Better Every Day™ Strength Seated Tap & Rhythm Bike and Box with Sandy Ellis	All Colors Green only Orange/Blue only Yellow/Green Blue only