



Classes and Programs

May, 2023

<p>Notes</p>	<p>Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the Zoom schedule and links</p>	<p>InMotion is CLOSED May 29th in observance of Memorial Day</p>	<p>To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive™ (O/B) or Spinning, a recent Assessment is needed.</p>
<p>Special Info</p>	<p align="center">"Town Hall Meeting with Cathe & Ben" Thursday May 11th 4:30-6:00 pm The current state of InMotion, an overview of the new strategic plan and updates on programs and services.</p> <hr/> <p align="center">"Ask the Expert" Friday, May 19th at 2pm "Ending Parkinson's Disease"- A Conversation with Ray Dorsey</p>		
<p align="center">PD Café on May 10th and 24th at 1pm</p>			

Day of the Week	Time	Class	Color Level
MONDAYS			
<p>Assessment on 1st Assessment on 1st NO CLASS ON MAY 8TH NO CLASS ON MAY 8TH</p>	<p>9:45 am 11:30 am 11:30 am 12:30-1:15 pm 1:00 pm-2:00 pm 1:30-2:30 pm 1:30 pm-2:30 pm 2:30 pm 4:30 pm 5:30 pm</p>	<p>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</p>	<p>All Colors Orange/Blue Green Orange/Blue Yellow Orange/Blue only Green Orange/Blue only All Colors Orange/Blue</p>
TUESDAYS			
<p>NO CLASS ON THE 16TH</p>	<p>9:45 am 11:30 am 11:30 am 12:30 pm 12:30 -1:15 pm 1:30-2:15 pm</p>	<p>Drums Alive®/Core BED™ Cardio/ Falls Prevention Spinning Art Workshop Pilates Music that Moves You</p>	<p>Orange/Blue ONLY Green Green/Orange/Blue All Colors Orange/Blue All Colors</p>



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Day of the Week	Time	Class	Color Level
WEDNESDAYS			
Assessment 3rd May 10th and 24th only Assessment 3rd	9:45 am 11:30 am 1:00 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			
NO CLASS ON THE 4TH Assessment 11th only NO CLASS ON THE 18TH NO CLASS ON THE 18TH Assessment 11th and 25th	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 New client Assessments Music that Moves You	All Colors All Colors Yellow/Green Orange/Blue Orange/Blue only Green/Orange/Blue All Colors New clients- no color yet All Colors
FRIDAYS			
Assessments on 5th Assessments on 5th May 5th and 19th only	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