



Classes and Programs

September, 2023

Notes	Classes on this calendar are held at InMotion- 23905 Mercantile Road Check your Sunday email for the Zoom schedule and links	InMotion will be CLOSED* : <ul style="list-style-type: none"> • Mon. the 4th • Mon. the 11th • Mon. the 25th 	To enroll in Green/Orange/Blue Better Every Day™, Boxing, Drums Alive™ (O/B) or Spinning, a recent Assessment is needed.
Special Info	<p style="text-align: center;">Ask the Expert: September 28th 5:00-6:00pm by Zoom only Dr. Adam Margolius Topic: <i>PD & Palliative Care</i></p>		
<p style="text-align: center;">Register for all these events on MindBody, the Front Desk or calling 216.342.4417 Assessments on Thursday, September 14th and 28th at 1pm</p>			

Day of the Week	Time	Class	Color Level
MONDAYS			
<p>Monday classes on the 18th ONLY this month.</p> <p>NEW Starts Sept. 18th</p> <p>No Monday Classes*: 4th, 11th or 25th</p>	9:45 am 11:30 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™ Open Spinning 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/ & Carepartners Orange/Blue Yellow Orange/Blue only Green Orange/Blue only All Colors Orange/Blue
TUESDAYS			
<p>NEW Sept. 5th and 19th only</p>	9:45 am 11:15 am 11:30 am 11:30 am 12:30 pm 12:30 -1:30 pm 1:30-2:15 pm	Drums Alive®/Core Yes, I Can Move (Upper Level) BED™ Cardio/ Falls Prevention Spinning Art Workshop Pilates Music that Moves You	Orange/Blue ONLY 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
WEDNESDAYS			
Sept. 13th and 27th only Sept. 20th only	9:45 am 11:30 am 12:45 pm-2:00 pm 1:00 pm-2:00 pm 1:30 pm-2:15 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 Café Melodica with Kevin Better Every Day™ Boxing Boxing Tai Chi - Zoom only Better Every Day™ Strength	All Colors Orange/Blue Yellow All Colors and Carepartners All Colors Green Green only Orange/Blue only Orange/Blue Orange/Blue
THURSDAYS			
NEW Sept. 21st this month Assessments 14th and 28th	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 12:30-1:30 pm 12:30 pm-1:30 pm 1:00 pm-2:30 pm 1:30-2:15pm	Mindful Movement Yes, I Can Move Think Loud Better Every Day™ Spinning Spinning Pilates Strong Loud Crowd Client Assessments Music that Moves You	All Colors All Colors Yellow/Green Orange/Blue Orange/Blue only Green only Orange/Blue All Colors G/O/B New and current clients All Colors
FRIDAYS			
	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 Orange/Blue