




# Green Classes and Programs

October 2023

<b>Notes</b>	<p>Classes on this calendar are held at InMotion 23905 Mercantile Road, Beachwood Check your Sunday email for the Zoom class schedule and links to register</p>		<p>To enroll in any Green Better Every Day™, Boxing, Drums Alive®, or Spinning classes, a recent physical assessment is needed</p>
<b>Special Events</b>	<p><b><u>Ask the Expert</u></b> <i>October 26, 2023 from 5pm to 6pm via Zoom: Dr. Benjamin Walter “PD Medical and Surgical Therapies”</i></p> <p><b><u>Wellness Workshop</u></b> <i>October 4, 2023 from 1pm to 2pm at InMotion: Building Resilience Mary Bornstein and Betsy Kohn</i></p>		
	<p>Register for all these events on MindBody, at the Front Desk or by calling 216-342-4417 Physical Assessments will take place on Thursday, October 12 and 26 at 1pm</p>		

Day of the Week	Time	Class	Type
<b>MONDAYS</b>			
	9:45am-11:00am 11:30am-12:30pm 1:30pm-2:30pm 4:30pm-5:30pm	Mindful Movement Better Every Day™ BED™/Boxing Tai Chi - Zoom Only	Healing Arts Physical Wellness Physical Wellness Healing Arts
<b>TUESDAYS</b>			
<b>Beginning October 17</b>	11:30am-12:30pm 12:30pm-1:15pm 12:30pm-1:30pm	BED™ Cardio/Falls Prevention Spinning Art Workshop	Physical Wellness Aerobics Fit4You Intensive
<b>Beginning October 31</b>	1:30pm-2:15pm 1:30pm-2:30pm	Music that Moves You BED™/Boxing	Fit4You Intensive Physical Wellness



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Day of the Week	Time	Class	Type
<b>WEDNESDAYS</b>			
October 11/25 Only October 4/18 Only	9:45am-11:00am 1:00pm-2:00pm 1:30pm-2:15pm 2:00pm-3:00pm 3:00pm-3:30pm	Mindful Movement PD Cafe Melodica with Kevin Better Every Day™ Boxing	Healing Arts Support Fit4You Intensive Physical Wellness Physical Wellness
<b>THURSDAYS</b>			
Beginning October 19  October 12/26 Only	9:45am-11:00am 11:15am-12:15pm 11:15am-12:15pm 11:30am-12:30pm 12:30pm-1:30pm 12:45pm-1:15pm 1:00 pm-2:30 pm 1:30-2:15pm	Mindful Movement Yes, I Can Move Think Loud BED™ Cardio/Falls Prevention Loud Crowd Spinning Client Assessments Music that Moves You	Healing Arts Healing Arts Fit4You Intensive Physical Wellness Fit4You Intensive Aerobics N/A Fit4You Intensive
<b>FRIDAYS</b>			
	9:45am-11:00am 11:30am-12:30pm	Mindful Movement Better Every Day™ Strength/Drums Alive®	Healing Arts Physical Wellness/Aerobics