



# Orange/Blue Classes and Programs

October 2023

<p><b>Notes</b></p>	<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 Orange/Blue Better Every Day™, Boxing, Drums Alive®, Spinning, or Pilates classes, a recent physical assessment is needed</p>
<p><b>Special Events</b></p>	<p style="text-align: center;"><u><b>Ask the Expert</b></u> <i>October 26, 2023 from 5pm to 6pm via Zoom: Dr. Benjamin Walter "PD Medical and Surgical Therapies"</i></p> <p style="text-align: center;"><u><b>Wellness Workshop</b></u> <i>October 4, 2023 from 1pm to 2pm at InMotion: Building Resilience Mary Bornstein and Betsy Kohn</i></p>		
<p style="text-align: center;">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 11:30am-12:30pm 12:30pm-1:15pm 1:30pm-2:30pm 2:30pm-3:30pm 4:30pm-5:30pm 5:30pm-6:30pm	Mindful Movement Better Every Day™ Open Spinning Brain Builder Say It Like You Mean It Boxing Tai Chi - <b>Zoom Only</b> Better Every Day™ Strength	Healing Arts Physical Wellness Aerobics Fit4You Intensive Fit4You Intensive Physical Wellness Healing Arts Physical Wellness
<b>TUESDAYS</b>			
<div style="background-color: yellow; display: inline-block; padding: 2px;">October 3/17 Only</div>	9:45am-11:00am 11:15 am-12:15pm 11:30am-12:30pm 12:30pm-1:30pm 12:30pm-1:30pm 1:30pm-2:15pm	Drums Alive®/Core Yes, I Can Move (Upper Level) Spinning Art Workshop Pilates Music that Moves You	Aerobics Healing Arts Aerobics Fit4You Intensive Healing Arts Fit4You Intensive



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Day of the Week	Time	Class	Type
<b>WEDNESDAYS</b>			
Starting October 25 October 11/25 Only October 4/18 Only	9:45am-11:00am	Mindful Movement	Healing Arts
	11:30am-12:30pm	Better Every Day™	Physical Wellness
	11:30am-12:30pm	Open Spinning	Aerobics
	1:00pm-2:00pm	PD Cafe	Support
	1:30pm-2:15pm	Melodica with Kevin	Fit4You Intensive
	3:30pm-4:30pm	Boxing	Physical Wellness
	4:30pm-5:30pm	Tai Chi - <b>Zoom only</b>	Healing Arts
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness
<b>THURSDAYS</b>			
October 5/19 Only October 12/26 Only	9:45am-11:00am	Mindful Movement	Healing Arts
	11:15am-12:15 pm	Yes, I Can Move	Healing Arts
	11:30am-12:30pm	Better Every Day™	Physical Wellness
	11:30am-12:15pm	Spinning	Aerobics
	12:30pm-1:30pm	Pilates Strong	Healing Arts
	12:30 pm-1:30pm	Loud Crowd	Fit4You Intensive
	1:00pm-2:30pm	Client Assessments	N/A
1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
<b>FRIDAYS</b>			
	9:45am-11:00am	Mindful Movement	Healing Arts
	11:30am-12:30pm	Better Every Day™ Strength	Physical Wellness
	1:00pm-2:00pm	Bike and Box with Sandy Ellis	Physical Wellness