




Yellow

Classes and Programs

October 2023

Notes	<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>	
Special Info	<p style="text-align: center;"><u>Ask the Expert</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>Wellness Workshop</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, the Front Desk or by calling 216.342.4417</p>		

Day of the Week	Time	Class	Type
MONDAYS			
	9:45am-11:00am 12:45pm-2:00pm 4:30pm-5:30pm	Mindful Movement Mindful Movement/Better Every Day™/Boxing Tai Chi - Zoom Only	Healing Arts Healing Arts/Physical Wellness Healing Arts
TUESDAYS			
	12:30pm-1:30pm 1:30pm-2:15pm	Art Workshop Music that Moves You	Fit4You Intensive Fit4You Intensive



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Day of the Week	Time	Class	Type
WEDNESDAYS			
October 11/25 Only October 4/18 Only	9:45am-11:00am 12:45pm-2:00 pm 1:00pm-2:00pm 1:30 pm-2:15 pm	Mindful Movement Mindful Movement/Better Every Day™/Drums Alive® PD Cafe Melodica with Kevin	Healing Arts Healing Arts/Physical Wellness/Aerobics Support Fit4You Intensive
THURSDAYS			
	9:45am-11:00am 11:15am-12:15 pm 11:15am-12:15pm 12:30 pm-1:30pm 1:30-2:15pm	Mindful Movement Yes, I Can Move Think Loud Loud Crowd Music that Moves You	Healing Arts Healing Arts Fit4You Intensive Fit4You Intensive Fit4You Intensive
FRIDAYS			
	9:45am-11:00am	Mindful Movement	Healing Arts