

**CLASSES ARE CANCELLED: Wednesday, November 22; Thursday, November 23; Friday, November 24 – HAPPY THANKSGIVING!**

Day of the Week:	Time:	Class:	Type:	Notes:
<b>MONDAY</b>	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:30pm	Open Spinning	Aerobics	
	12:30pm-1:15pm	Brain Builder	Fit4You Intensive	
	1:30pm-2:30pm	Say It Like You Mean It	Fit4You Intensive	
	2:30pm-3:30pm	Boxing	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
<b>TUESDAY</b>	9:45am-11:00am	Drums Alive®/Core	Aerobics	
	11:15 am-12:15pm	Yes, I Can Move (Upper Level)	Healing Arts	November 7/21 Only
	11:30am-12:30pm	Spinning	Aerobics	CANCELLED November 28
	12:30pm-1:30pm	Art Workshop	Fit4You Intensive	
	12:30pm-1:30pm	Pilates	Healing Arts	
	1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
<b>WEDNESDAY</b>	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	1:00pm-2:00pm	PD Cafe	Support	November 8 Only
	1:00pm-2:00pm	Wellness Workshop: Achieving Joy/Gratitude	Support	November 1 Only
	1:30pm-2:15pm	Melodica with Kevin	Fit4You Intensive	November 1/15 Only
	3:30pm-4:30pm	Boxing	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - Zoom only	Healing Arts	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
	5:00pm-6:15pm	Ask the Expert: Impact of Plant-Based Diet Stephanie Hopkins of The Gathering Place	Education	November 8 Only; Zoom Only, Register via Zoom
<b>THURSDAY</b>	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	November 2/16 Only
	12:30 pm-1:30pm	Loud Crowd	Fit4You Intensive	
	1:00pm-2:30pm	Client Assessments	N/A	November 2/9/16 Only
	1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
<b>FRIDAY</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	

**PLEASE NOTE:**

Classes on this calendar are held at InMotion, 23905 Mercantile Road, Beachwood 44122

Check your Sunday email for the Zoom class schedule and links to register for those classes

To enroll in any Better Every Day™, Boxing, Drums Alive®, Spinning, or Pilates classes, a recent physical assessment is needed

Register for all these events on MindBody, at the Front Desk, or by calling 216-342-4417