

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

Day of the Week:	Time:	Class:	Type:	Notes:
MONDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	12:45pm-2:00pm	Mindful Movement/Better Every Day™/Boxing	Healing Arts/Physical Wellness	
	1:30pm-2:30pm	Say It Like You Mean It	Fit4You Intensive	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
TUESDAY	12:30pm-1:30pm	Art Workshop	Fit4You Intensive	
	1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
WEDNESDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	12:45pm-2:00pm	Mindful Movement/Better Every Day™/Drums Alive®	Healing Arts/ Physical Wellness/Aerobics	
	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
	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
THURSDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:15am-12:15pm	Yes, I Can Move	Healing Arts	
	11:15am-12:15pm	Think Loud	Fit4You Intensive	
	12:30 pm-1:30pm	Loud Crowd	Fit4You Intensive	
	1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
FRIDAY	9:45am-11:00am	Mindful Movement	Healing Arts	

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