

## Step-by-step instructions for registering for Zoom classes:

1. Open your email.
2. Go to the InMotion Sunday newsletter. The header is “InMotion - Classes and Updates Week of (date of week).”  
Emails are sent every Sunday.
  - a. Example: **InMotion - Classes and Updates Week of 4/17/2022**
3. Once you open the newsletter, scroll down until you see Classes.  
You will need to scroll a while until you see CLASSES.  
Under CLASSES, you will see the links to register for Zoom classes.

**InMotion CLASSES**

*Rather than offering a single exercise class, InMotion offers a system of programs designed to complement one another. Our program is comprised of healing arts, physical exercise that is amplitude-based and symptom-focused, expressive movement, education and support. Read more [here](#).*

**Onsite classes**

- To view the April schedule of classes, click [here](#).
- Register for onsite classes via Mindbody, email [reception@beinmotion.org](mailto:reception@beinmotion.org), call (216) 342-4417, or use the button below

**Click Here to Sign Up for in-person classes on the InMotion website**

**When you arrive at InMotion, please remember to check in at**

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4. Click on the name of the class you would like to register for - it will be blue and underlined.

**Live Zoom classes**

Click on one of the links below to register. After registering, you will receive a confirmation email with a link to join the class. If you have never accessed Zoom, click [here](#) for a how-to.

**Monday, Apr. 18**

- 9:45 AM [Mindful Movement Green/Orange/Blue](#)
- 11:30 AM [Orange/Blue BED](#)
- 12:45 PM [Yellow Mindful Movement/BED/Boxing](#)
- 4:30 PM [Tai Chi](#)

**Wednesday, Apr. 20**

- 9:45 AM [Mindful Movement Orange/Blue](#)
- 12:45 PM [Yellow Mindful Movement/BED/Drums Alive](#)
- 2:00 PM [Green BED](#)
- 4:30 PM [Tai Chi](#)

**Thursday, Apr. 21**

- 9:45 AM [Mindful Movement Green/Orange/Blue](#)

**Friday, Apr. 22**

- 9:45 AM [Mindful Movement](#)

*Mindful Movement classes made possible by David and Gail Stein*

*Yellow classes and programming made possible by Robert H. Jackson*

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5. This should take you to another tab where you will see a Meeting Registration page. Here, enter your first and last name, and email address twice.

**InMotion**  
Meeting Registration

f t in e

**Topic** Thursday Green/Orange/Blue Mindful Movement

**Description** By submitting this registration form, I understand and agree that:

- My registration for, and participation in, the physical fitness and/or wellness programs ("Programs") administered by InMotion, its employees, and/or its independent contractors (collectively, "InMotion") via webcast is voluntary and may involve potential risk of injury;
- To avoid potential risk of injury, an examination by a physician should be obtained before beginning a physical fitness and/or wellness program, or before initiating a change in the amount of physical or other exercise performed; and
- Regardless of whether I have chosen to be examined by a physician before participating in any of the Programs:
  - o I accept and assume full responsibility for my own safety and well-being in my participation in the Programs and for any injuries, damages, and losses of any type that may be sustained by me as a result of my participation in the Programs; and
  - o InMotion shall not be liable for, and I hereby release InMotion from, any claims, damages, or losses resulting from or arising out of my participation in the Programs.

**Time** Please choose only one meeting to attend.

Apr 21, 2022 09:45 AM

Time shows in Eastern Time (US and Canada)

**First Name\***

**Last Name\***

**Email Address\***

**Confirm Email Address\***

\* Required information

Information you provide when registering will be shared with the [account owner](#) and host and can be used and shared by them in accordance with their [Terms and Privacy Policy](#).

**Register**

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**First Name\***

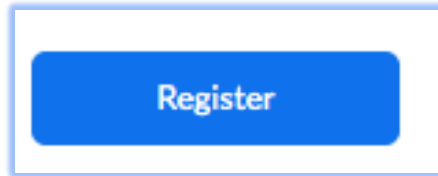
**Last Name\***

**Email Address\***

**Confirm Email Address\***

\* Required information

6. Click the blue Register button.



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7. Go back to your email. You will have received a Zoom link to join the meeting.
8. Click the link a few minutes before your email, and you should be good to go!