

CLASSES ARE CANCELLED: Monday, January 1 – HAPPY NEW YEAR!**Monday, January 15 - Dr. Martin Luther King, Jr. Day**

Day of the Week:	Time:	Class:	Type:	Notes:
MONDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	1:30pm-2:30pm	Say It Like You Mean It	Fit4You Intensive	CANCELLED January 22
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
TUESDAY	11:30am-12:30pm	BED™ Cardio/Falls Prevention	Physical Wellness	
	12:30pm-1:15pm	Spinning	Aerobics	
	12:30pm-1:30pm	Art Workshop	Fit4You Intensive	
	1:30pm-2:30pm	Music that Moves You	Fit4You Intensive	CANCELLED January 2
	1:30pm-2:30pm	BED™/Boxing	Physical Wellness	
WEDNESDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	
	1:00pm-2:00pm	Wellness Workshop: Power of Self-Forgiveness	Support	January 17 Only
	1:30pm-2:30pm	Melodica with Kevin	Fit4You Intensive	January 3/17 Only
	2:00pm-3:00pm	Better Every Day™	Physical Wellness	
	3:00pm-3:30pm	Boxing	Physical Wellness	
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	
	11:30am-12:30pm	BED™ Cardio/Falls Prevention	Physical Wellness	
	12:30 pm-1:30pm	Loud Crowd	Fit4You Intensive	
	12:30pm-1:30pm	Art Workshop: Collage & Mask Making	Fit4You Intensive	Beginning January 11; CANCELLED January 25
	12:45pm-1:30pm	Spinning	Aerobics	
	1:00pm-2:30pm	Client Assessments	N/A	January 11/25 Only
	1:30pm-2:15pm	Music that Moves You	Fit4You Intensive	
	7:00pm-8:00pm	Ask the Expert: Approach Care Giving Like a CEO	Education	January 18 Only; Zoom Only, Register via Zoom
FRIDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™ Strength/Drums Alive®	Physical Wellness	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	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