

**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:
<b>MONDAY</b>	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	CANCELLED January 22
	4:30pm-5:30pm	Tai Chi - <b>Zoom Only</b>	Healing Arts	
<b>TUESDAY</b>	12:30pm-1:30pm	Art Workshop	Fit4You Intensive	
	1:30pm-2:30pm	Music that Moves You	Fit4You Intensive	CANCELLED January 2
<b>WEDNESDAY</b>	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	Wellness Workshop: Power of Self-Forgiveness	Support	January 17 Only
	1:30pm-2:30pm	Melodica with Kevin	Fit4You Intensive	January 3/17 Only
<b>THURSDAY</b>	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	
	12:30pm-1:30pm	Loud Crowd	Fit4You Intensive	
	12:30pm-1:30pm	Art Workshop: Collage & Mask Making	Fit4You Intensive	Beginning January 11; CANCELLED January 25
	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
<b>FRIDAY</b>	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