

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	
	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	
	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: Forgiveness of Others	Support	February 7 Only
	1:00pm-2:00pm	PD Café	Support	February 14/28 Only
	1:30pm-2:30pm	Melodica with Kevin	Fit4You Intensive	February 7/21 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	
12:45pm-1:30pm		Spinning	Aerobics	
1:00pm-2:30pm		Client Assessments	N/A	February 8/22 Only
1:30pm-2:15pm		Music that Moves You	Fit4You Intensive	CANCELLED February 22
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