

InMotion will be CLOSED on Monday, April 8 - Stay safe and enjoy the eclipse!

| Day of the Week: | Time: | Class: | Modality: | 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 | Fit 4 You | |
| | 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 | Physical Wellness | CANCELLED April 2 |
| | 12:30pm-1:30pm | Art Workshop | Fit 4 You | |
| | 1:30pm-2:30pm | Music that Moves You | Fit 4 You | |
| | 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: Spring Renewal & Setting Intentions | Support | April 3 Only |
| | 1:00pm-2:00pm | PD Café | Support | April 10/24 Only |
| | 1:30pm-2:30pm | Melodica with Kevin | Fit 4 You | April 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 | CANCELLED April 4 |
| | 11:15am-12:15pm | Think Loud | Fit 4 You | |
| | 11:30am-12:30pm | BED™ Cardio/Falls Prevention | Physical Wellness | |
| | 12:30 pm-1:30pm | Loud Crowd | Fit 4 You | |
| | 12:30pm-1:30pm | Art Workshop: Collage & Mask Making | Fit 4 You | |
| | 12:45pm-1:30pm | Spinning | Physical Wellness | |
| | 1:00pm-2:30pm | Client Assessments | N/A | |
| | 1:30pm-2:15pm | Music that Moves You | Fit 4 You | |
| | 3:30pm-4:30pm | Ask the Expert: PD - Sex & Intimacy | Education | April 11 Only; On 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