

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	
	12:30pm-1:15pm	Brain Builder	Fit 4 You	
	1:30pm-2:30pm	Say It Like You Mean It	Fit 4 You	
	2:30pm-3:30pm	Boxing	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
TUESDAY	9:45am-11:00am	Drums Alive®/Core	Physical Wellness	
	11:15 am-12:15pm	Yes, I Can Move™ (Upper Level)	Healing Arts	August 6/20 Only
	11:30am-12:30pm	Spinning	Physical Wellness	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	12:30pm-1:30pm	Pilates	Healing Arts	
	1:30pm-2:30pm	Music that Moves You	Fit 4 You	
WEDNESDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	
	1:00pm-2:00pm	PD Café	Support	August 14/28 Only
	1:30pm-2:30pm	Melodica with Kevin	Fit 4 You	August 7/21 Only
	3:30pm-4:30pm	Boxing	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
	5:30pm-6:30pm	Better Every Day™ Strength	Physical Wellness	
THURSDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:15am-12:15 pm	Yes, I Can Move™	Healing Arts	
	11:30am-12:30pm	Better Every Day™	Physical Wellness	
	11:30am-12:15pm	Spinning	Physical Wellness	
	12:30pm-1:30pm	Pilates Strong	Healing Arts	August 1/15 Only
	12:30 pm-1:30pm	Loud Crowd®	Fit 4 You	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	1:00pm-2:30pm	Client Assessments	N/A	August 15/22 Only
	1:30pm-2:15pm	Music that Moves You	Fit 4 You	
	4:00pm-5:00pm	Ask the Expert: PD Research with Camilla Kilbane	Education	August 22 Only Via Zoom; Register via Zoom
	4:30pm-5:30pm	Ask the Expert: Power the Positive with Sara Whittingham	Education	August 8 Only
FRIDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:30am-12:30pm	Better Every Day™ Strength	Physical Wellness	
	11:30am-12:30pm	Better Every Day™ - Zoom Only	Physical Wellness	
	1:00pm-2:00pm	Bike and Box	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

For the most up to date class cancellations or schedule changes, please refer to MindBody or call the front desk at 216-342-4417