

Day of the Week:	Time:	Class:	Modality:	Notes:
MONDAY	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	Fit 4 You	
	4:30pm-5:30pm	Tai Chi - Zoom Only	Healing Arts	
TUESDAY	11:15am-12:15pm	Yes, I Can Move™	Healing Arts	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	1:30pm-2:30pm	Music that Moves You	Fit 4 You	
WEDNESDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	12:45pm-2:00pm	Mindful Movement/Better Every Day™/ Drums Alive®	Healing Arts/ Physical Wellness/ Physical Wellness	
	1:00pm-2:00pm	Wellness Workshop: Fear	Support	October 30 Only
	1:30pm-2:30pm	Melodica with Kevin	Fit 4 You	October 2 & 16 Only
THURSDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	11:15am-12:15pm	Think Loud	Fit 4 You	
	12:30pm-1:30pm	Loud Crowd®	Fit 4 You	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	1:30pm-2:15pm	Music that Moves You	Fit 4 You	
FRIDAY	9:45am-11:00am	Mindful Movement	Healing Arts	
	1:00pm-2:00pm	Better Every Day™	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
 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