

**InMotion classes will be cancelled on Wednesday, January 1 in observance of New Year's Day and on Monday, January 20 in observance of Dr. Martin Luther King, Jr. Day.**

Day of the Week:	Time:	Class:	Modality:	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	Fit 4 You	
	4:30pm-5:30pm	Tai Chi - <b>Zoom Only</b>	Healing Arts	
<b>TUESDAY</b>	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: Choir	Fit 4 You	
<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/ Physical Wellness	
	1:00pm-2:00pm	Wellness Workshop: Dreaming Sweet Dreams	Support	January 15 Only
	12:45pm-2:00pm	Melodica with Kevin	Fit 4 You	January 15 Only
<b>THURSDAY</b>	11:15am-12:15pm	Think Loud	Fit 4 You	
	11:15am-12:15pm	Yes, I Can Move	Healing Arts	January 16 Only
	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: Drumming	Fit 4 You	
	4:00pm-5:00pm	Ask the Expert: Exercise and Parkinson's Disease – From the Dark Age to the Gilded Age	Education	January 23 Only; Via Zoom; Register via InMotion website
<b>FRIDAY</b>	9:45am-11:00am	Mindful Movement	Healing Arts	
	1:00pm-2:00pm	Better Every Day™	Physical Wellness	
	4:30pm-5:30pm	Tai Chi - <b>Zoom Only</b>	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

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