

| Day of the Week: | Time:           | Class:   | Modality:         | Notes:   |
|------------------|-----------------|--|-------------------|--|
| <b>MONDAY</b>    | 9:45am-11:00am  | Mindful Movement   | Healing Arts      |  |
|                  | 12:45pm-2:00pm  | Better Every Day™/Boxing   | 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  | Better Every Day™/Drums Alive®                                     | Physical Wellness |  |
|                  | 1:00pm-2:00pm   | Wellness Workshop: Grief and Loss                                  | Support           | February 5 Only  |
|                  | 1:30pm-2:30pm   | Melodica with Kevin  | Fit 4 You         | February 5, 19 Only  |
| <b>THURSDAY</b>  | 11:15am-12:15pm | Think Loud   | Fit 4 You         |  |
|                  | 11:15am-12:15pm | Yes, I Can Move  | Healing Arts      | February 20 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-5:15pm   | Ask the Expert: The Role of Fiber in Management of Chronic Disease | Education         | February 6 Only; Via Zoom<br>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