

## Save The Date for Pals In Motion - September 14th, 2025!

| 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         |                   |
| <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 |                   |
|                  | 1:30pm-2:30pm   | Melodica with Kevin            | Fit 4 You         | August 6, 20 Only |
| <b>THURSDAY</b>  | 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: Drumming | Fit 4 You         |                   |
| <b>FRIDAY</b>    | 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