

October 2025

Yellow Classes and Programs

InMotion®

Day of the Week:	Time:	Class:	Modality:	Notes:
MONDAY	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	
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: Choir	Fit 4 You	
WEDNESDAY	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	Oct. 1 & 15 ONLY
THURSDAY	11:15am-12:15pm	Think Loud	Fit 4 You	
	12:30pm-1:30pm	Art Workshop	Fit 4 You	
	12:30pm-1:30pm	Loud Crowd®	Fit 4 You	
	1:30pm-2:15pm	Music that Moves You: Drumming	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, OH 44122

Check your Sunday email for the Zoom class schedule and links to register for those classes

Register 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