

JULY

FITNESS, WELLNESS & YOUTH ACTIVITIES



SUN	MON	TUE	WED	THU	FRI	SAT
6/28	6/29	6/30	1	2	3	4
	MOVE 10:30-11:30 am POUND 5:30-6:30 pm	Mobility Mix 9:15-10:15 am PUMP 10:30-11:30 am Art in Motion Dance Camp Fresh - Strength & Cardio 5:30-6:15pm Auricular (Ear) Acupuncture 7:00-8:00 pm	Mobility Mix 9:15-10:15 am P-Fusion 6:00-6:45 pm	P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Suspension Training 5:30-6:30 pm	Suspension Training 8:30-9:30 am	Red, White & Reps 8:30-9:15 am POUND 9:30-10:30 am
5	6	7	8	9	10	11
	Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm	Fitness & Golf 9:15 am PUMP 10:30-11:30 am Art in Motion Dance Camp Fresh - Strength & Cardio 5:30-6:15pm	Mobility Mix 9:15-10:15 am P-Fusion 6:00-6:45 pm	P-Fusion 9:30-10:15 am Fresh - Balance & Flow 10:30-11:30 am Suspension Training 5:30-6:30 pm	Suspension Training 8:30-9:30 am	POUND 9:30-10:30 am Line Dancing 6:00-7:00 pm
12	13	14	15	16	17	18
	Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm	PUMP 10:30-11:30 am Art in Motion Dance Camp Fresh - Strength & Cardio 5:30-6:15pm Auricular (Ear) Acupuncture 7:00-8:00 pm	Mobility Mix 9:15-10:15 am P-Fusion 6:00-6:45 pm	P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Suspension Training 5:30-6:30 pm	Suspension Training 8:30-9:30 am Art in Motion Alpenfest in Gaylord 10:00-11:00 am	POUND 9:30-10:30 am Club Vibe 6:00-7:00 pm
19	20	21	22	23	24	25
	Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm	Fitness & Golf 9:15 am PUMP 10:30-11:30 am Art in Motion Dance Camp Fresh - Strength & Cardio 5:30-6:15pm Auricular (Ear) Acupuncture 7:00-8:00 pm	Mobility Mix 9:15-10:15 am P-Fusion 6:00-6:45 pm	P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Suspension Training 5:30-6:30 pm	Suspension Training 8:30-9:30 am	POUND 9:30-10:30 am
26	27	28	29	30	31	
	Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm	PUMP 10:30-11:30 am Art in Motion Dance Camp Fresh - Strength & Cardio 5:30-6:15pm Auricular (Ear) Acupuncture 7:00-8:00 pm	Mobility Mix 9:15-10:15 am P-Fusion 6:00-6:45 pm Unplugged 7:00-7:30 pm	P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Suspension Training 5:30-6:30 pm	Suspension Training 8:30-9:30 am	CLASS TYPE Adult Class Youth Class Different Location

ADULT

DESCRIPTIONS

AURICULAR (EAR) ACUPUNCTURE/ACUPRESSURE WITH JESSICA	40 minutes of acupuncture in a relaxing group setting.	Tuesdays at 7 pm
SUSPENSION TRAINING WITH TERRY	Use body weight and gravity to build strength, balance, flexibility, and core stability.	Thursdays at 5:30 pm & Fridays at 8:30 am
FRESH WITH SARAH	A music-driven combination of strength, cardio & yoga.	Tuesdays at 5:30 pm Thursday 7/9 at 10:30 am
MOBILITY MIX WITH SARAH	Dynamic stretching and bodyweight strength work that improves mobility & flexibility.	Mondays & Wednesdays at 9:15 am
MOVE WITH NANCY	A heart healthy combination of strength, cardio and core work.	Mondays & Thursdays at 10:30 am
P-FUSION WITH BRANDI & NANCY	A Pilates inspired, no-impact and beginner friendly core focused workout.	Wednesdays at 6 pm & Thursdays at 9:30 am
POUND WITH BRANDI & SARAH	A high-energy cardio jam session that combines drumming and fitness	Mondays at 5:30 pm & Saturdays at 9:30 am
PUMP WITH TERRY	Total body strength training that uses different forms of resistance.	Tuesdays at 10:30 am
RED, WHITE & REPS WITH TERRY	A 45 minute 4 th of July special.	POP-UP Saturday 7/4 at 8:30 am
LINE DANCING WITH JESS	Beginner level line dancing. Wear boots or comfortable shoes.	POP-UP Saturday 7/11 at 6 pm
CLUB VIBE WITH JESS	A high-energy fusion of fitness & hip-hop.	POP-UP Saturday 7/18 at 6 pm
UNPLUGGED WITH SARAH	20 minutes of music-driven HIIT finished with 10 minutes of rhythmic breathing and meditation.	POP-UP Wednesday 7/29 at 7 pm
FITNESS & GOLF WITH TERRY	30 minutes of fitness followed by a round of golf on The Sawyer at Garland.	7/7 & 7/21 at 9:15 am registration required. Punch cards & memberships cannot be used

YOUTH

ART IN MOTION SUMMER DANCE CAMP

A 9 week dance adventure for ages 3-13!
June 23 - August 18. Call or text Jess with questions: 989-217-0374

ART IN MOTION AT ALPENFEST IN GAYLORD

Jess is hosting a free dance party for the whole family from 10-11 am at Alpenfest in Gaylord!

AERIAL SILKS WITH WHITNEY

Learn the art of aerial silks! No experience necessary. Also available for adults! Call or text Whitney to book. 989-370-8007

PRICES

Fitness Classes

\$13 - Single Session
Punch Cards & Month Memberships are available

Auricular Acupuncture

\$25
2 Punches
\$15 with Membership

Summer Youth Dance

\$75 for 9 weeks

Aerial Silks

\$15 per person

Book classes easily through the Fit by Wix app! Join us by using code LETSMOVE.

PLEASE SIGN UP SO WE CAN PLAN ACCORDINGLY.
SIGN UP AT WWW.LEWISTONMOVES.COM

SCAN ME TO BOOK!

