



# JUNE

**LEWISTON'S GO-TO SPOT FOR ENERGIZING FITNESS CLASSES AND INSTRUCTOR-LED ACTIVITIES!**

SUN	MON	TUE	WED	THU	FRI	SAT				
5/30 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	1 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	2 <b>Fitness &amp; Golf</b> 9:15 am <b>PUMP</b> 10:30-11:30 am <b>Art in Motion Youth Dance</b>	3 <b>Mobility Mix</b> 9:15-10:15 am <b>Art in Motion Youth Dance</b> <b>P-Fusion</b> 6:00-6:45 pm	4 <b>P-Fusion</b> 9:30-10:15 am <b>MOVE</b> 10:30-11:30 am <b>Barefoot Barre</b> 5:00-6:00 pm	5 <b>PUMP</b> 8:30-9:30 am	6 <b>POUND</b> 9:30-10:30 am				
7 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	8 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	9 <b>PUMP</b> 10:30-11:30 am <b>Fresh</b> 5:30-6:15pm	10 <b>Mobility Mix</b> 9:15-10:15 am <b>P-Fusion</b> 6:00-6:45 pm	11 <b>P-Fusion</b> 9:30-10:15 am <b>MOVE</b> 10:30-11:30 am <b>Butts &amp; Guts</b> 6:00-7:00 pm <b>Art in Motion Rehearsal</b>	12 <b>PUMP</b> 8:30-9:30 am <b>Art in Motion Recital "The Portal"</b>	13 <b>POUND</b> 9:30-10:30 am				
14 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm <b>MOVING TO TUESDAYS AT 7 PM</b>	15 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	16 <b>PUMP</b> 10:30-11:30 am <b>Fresh</b> 5:30-6:15pm	17 <b>Mobility Mix</b> 9:15-10:15 am <b>Pilates &amp; Prosecco</b> 6:00-6:45 pm	18 <b>P-Fusion</b> 9:30-10:15 am <b>MOVE</b> 10:30-11:30 am <b>Freestyle Fitness</b> 5:00-6:00 pm <b>Lewiston Block Party</b> Come hang out with us from 5:00-8:00 pm!	19 <b>PUMP</b> 8:30-9:30 am	20 <b>POUND</b> 9:30-10:30 am				
21 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	22 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	23 <b>Fitness &amp; Golf</b> 9:15 am <b>PUMP</b> 10:30-11:30 am <b>Fresh</b> 5:30-6:15pm <b>Auricular (Ear) Acupuncture</b> 7:00-8:00 pm	24 <b>Mobility Mix</b> 9:15-10:15 am <b>P-Fusion</b> 6:00-6:45 pm	25 <b>P-Fusion</b> 9:30-10:15 am <b>MOVE</b> 10:30-11:30 am <b>Freestyle Fitness</b> 5:00-6:00 pm	26 <b>PUMP</b> 8:30-9:30 am	27 <b>POUND</b> 9:30-10:30 am				
28 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	29 <b>Mobility Mix</b> 9:15-10:15 am <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	30 <b>PUMP</b> 10:30-11:30 am <b>Fresh</b> 5:30-6:15pm <b>Auricular (Ear) Acupuncture</b> 7:00-8:00 pm	<b>Get your first month of unlimited fitness classes for only \$50!</b>							
<table border="1"> <tr> <td><b>CLASS TYPE</b></td> <td><b>Adult Class</b></td> <td><b>Youth Class</b></td> <td><b>Different Location</b></td> </tr> </table>							<b>CLASS TYPE</b>	<b>Adult Class</b>	<b>Youth Class</b>	<b>Different Location</b>
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## ADULT

## DESCRIPTIONS

<b>AURICULAR (EAR) ACUPUNCTURE/ ACUPRESSURE WITH JESICA</b>	40 minutes of acupuncture in a relaxing group setting.	Sundays at 5 pm then moving to Tuesdays at 7 pm
<b>FREESTYLE FITNESS WITH JACKIE</b>	A fun and functional full-body work out. Classes will take place outside with nice weather.	Thursdays at 5 pm
<b>FRESH WITH SARAH</b>	A music-driven combination of strength, cardio & yoga.	Tuesdays at 5:30 pm beginning 6/9
<b>MOBILITY MIX WITH SARAH</b>	Dynamic stretching and bodyweight strength work that improves mobility & flexibility.	Mondays & Wednesdays at 9:15 am
<b>MOVE WITH NANCY</b>	A heart healthy combination of strength, cardio and core work .	Mondays & Thursdays at 10:30 am
<b>P-FUSION WITH BRANDI &amp; NANCY</b>	A Pilates inspired, no-impact and beginner friendly core focused workout.	Wednesdays at 6 pm & Thursdays at 9:30 am
<b>POUND WITH BRANDI &amp; SARAH</b>	A high-energy cardio jam session that combines drumming and fitness	Mondays at 5:30 pm & Saturdays at 9:30 am
<b>PUMP WITH TERRY</b>	Total body strength training that uses different forms of resistance.	Tuesdays at 10:30 am & Fridays at 8:30 am
<b>BAREFOOT BARRE WITH NANCY</b>	A low-impact & high-intensity blend of ballet & Pilates.	POP-UP Thursday 6/4 at 5 pm
<b>BUTTS &amp; GUTS WITH TERRY</b>	60 minutes dedicated to strengthening and toning your glutes and core.	POP-UP Thursday 6/11 at 6 pm
<b>PILATES &amp; PROSECCO</b>	Move your body. Toast your progress. Leave feeling refreshed.	POP-UP Wednesday 6/17 at 6 pm
<b>FITNESS &amp; GOLF WITH TERRY</b>	30 minutes of fitness followed by a round of golf on The Sawyer at Garland.	See website for schedule 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

**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](http://WWW.LEWISTONMOVES.COM)**

SCAN ME!

