

OCTOBER

FITNESS, WELLNESS & YOUTH ACTIVITIES



SUN	MON	TUE	WED	THU	FRI	SAT
CLASS TYPE	Mobility Mix 9/28 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm Wind Down Yoga 7:00-8:00 pm	PUMP 9/29 10:30-11:30 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm Auricular (Ear) Acupuncture 7:00-8:00 pm	Mobility Mix 9/30 9:15-10:15 am Art in Motion Dance P-Fusion 6:00-6:45 pm	P-Fusion 1 9:30-10:15 am MOVE - Stations 10:30-11:30 am Compound 45 5:30-6:15 pm	2	Piyo 3 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm Come see us during Lewiston's Witches Night! 4-8 pm
	Adult Class Youth Class					
4	5 Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm Wind Down Yoga 7:00-8:00 pm	6 PUMP 10:30-11:30 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	7 Mobility Mix 9:15-10:15 am Stretch & Sculpt 12:00-12:45 pm Art in Motion Dance P-Fusion 6:00-6:45 pm	8 P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Compound 45 5:30-6:15 pm	9	10 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
Fresh - Strength & Cardio 4:00-4:45 PM						
11	12 Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm Wind Down Yoga 7:00-8:00 pm	13 PUMP 9:15-10:15 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	14 Mobility Mix 9:15-10:15 am Stretch & Sculpt 12:00-12:45 pm Art in Motion Dance P-Fusion 6:00-6:45 pm	15 P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Compound 45 5:30-6:15 pm	16	17 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
Fresh - Strength & Cardio 4:00-4:45 PM						
18	19 MOVE - Barre 10:30-11:30 am POUND 5:30-6:30 pm Wind Down Yoga 7:00-8:00 pm	20 Total 30 8:15-8:45 am Art in Motion Dance	21 Stretch & Sculpt 12:00-12:45 pm Art in Motion Dance P-Fusion 6:00-6:45 pm	22 P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Compound 45 5:30-6:15 pm	23 Kid's Night - Halloween Edition! 3.5 Hours of activities & creative play. Space is limited. Registration Required. 5:30-9:00 pm	24 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
P-Fusion 4:00-4:45 pm						
25	26 Mobility Mix 9:15-10:15 am MOVE - Barre 10:30-11:30 am POUND & Pour 5:30-6:30 pm Vino-Vinyasa 7:00-8:00 pm GLOW NIGHT!	27 Total 30 8:15-8:45 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	28 Mobility Mix 9:15-10:15 am Stretch & Sculpt 12:00-12:45 pm Art in Motion Dance P-Fusion 6:00-6:45 pm Unplugged 7:00-7:30 pm	29 P-Fusion 9:30-10:15 am MOVE - Stations 10:30-11:30 am Compound 45 5:30-6:15 pm	30	31 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
Fresh - Strength & Cardio 4:00-4:45 PM						

ADULT

DESCRIPTIONS

COMPOUND 45 WITH ALLIE	45 minutes of compound exercises that work the whole body.	Thursdays at 5:30 pm
FRESH WITH SARAH S.	A music-driven combination of strength, cardio & yoga.	Tuesdays at 6 pm Sundays at 4 pm
MOBILITY MIX WITH SARAH S.	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. Barre inspired on Monday. Stations on Thursday	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
PIYO WITH ANNIE	A 45 minute full-body workout blends yoga and pilates.	Saturdays at 10 am
POUND WITH BRANDI & SARAH	A high-energy cardio jam session that combines drumming and fitness	Mondays at 5:30 pm Glow class on 10/26
PUMP WITH TERRY & SARAH	Total body strength training that uses different forms of resistance.	See schedule. Last session 8/13
STRETCH & SCULPT WITH NANCY	45 minutes of stretching and toning exercises.	Wednesdays at 12 pm
TOTAL 30 WITH SARAH N.	30 minutes of strength, cardio & endurance.	Tuesdays at 8:15 am Beginning 10/20
YOGA WITH ANNIE	Beginner friendly yoga - Wind down with gentle yoga on Monday evenings. Hatha Yoga on Saturdays.	Mondays at 7 pm & Saturdays at 11 am
UNPLUGGED WITH SARAH	Rock & reset - 20 minutes of music-driven HIIT finished with 10 minutes of rhythmic breathing and meditation.	Wednesday 10/28 at 7 pm

KIDS NIGHT - HALLOWEEN EDITION!

3.5 hours of activities and creative play for kids. Kid's night in, parents' night out!

10/23 from 5:30-9 pm. Registration required. Space is limited.

YOUTH

ART IN MOTION 2026-2027 SEASON

Begins September 9th and ends in June with a recital! Ages 3-13. Tuesdays & Wednesdays. Times vary by age. Contact Jess with questions 989-317-0374

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
Class Passes & Month Memberships are available

We are currently transitioning from physical punch cards to online Class Passes. All existing punches can be used through October 31st. Expired punches can be bought back for \$5 per punch.

Youth Dance

\$30-\$40/Month

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!



2971 KNEELAND ST. LEWISTON | 989-342-8249