

SEPTEMBER

FITNESS, WELLNESS & YOUTH ACTIVITIES



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

ADULT

DESCRIPTIONS

AURICULAR (EAR) ACUPUNCTURE/ACUPRESSURE WITH JESICA	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.	Fridays at 8:30 am
FRESH WITH SARAH	A music-driven combination of strength, cardio & yoga.	Tuesdays see schedule for time. Sundays at 4 pm
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. 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
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
YOGA WITH ANNIE	Beginner friendly yoga - Wind down with gentle yoga on Monday evenings. Build heat with a vinyasa flow on Saturdays.	Mondays at 7 pm & Saturdays at 11 am
LINE DANCING WITH JESS	Beginner level line dancing. Wear boots or comfortable shoes & BYOB	Monday 9/10 & 9/24 at 6:30 pm
UNPLUGGED WITH SARAH	Rock & reset - 20 minutes of music-driven HIIT finished with 10 minutes of rhythmic breathing and meditation.	Wednesday 9/30 at 7 pm
FITNESS & GOLF WITH TERRY	30 minutes of fitness followed by a round of golf on The Sawyer at Garland.	9/8 & 9/22 at 9:15 am Registration required. Punch cards & memberships cannot be used

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
Punch Cards & Month Memberships are available

Auricular Acupuncture
\$25
2 Punches
\$15 with Membership

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!

