

AUGUST

FITNESS, WELLNESS & YOUTH ACTIVITIES



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

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 Glow pop-up 8/15 at 8:30 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 Glow pop-up 8/15 at 9:30 am
PUMP WITH TERRY	Total body strength training that uses different forms of resistance.	Tuesdays at 10:30 am
TIMBERFIT WITH TERRY	A 45 minute Timber Fest special.	POP-UP Saturday 8/8 at 7:00 am
LINE DANCING WITH JESS	Beginner level line dancing. Wear boots or comfortable shoes & BYOB	Monday 8/3 & 8/17 at 7 pm
BURLESQUE WITH JESS	3 weeks of beginner friendly burlesque! All 3 sessions for \$40	Thursdays at 7 pm 8/6, 8/13, & 8/20
UNPLUGGED WITH SARAH	Rock & reset - 20 minutes of music-driven HIIT finished with 10 minutes of rhythmic breathing and meditation.	Wednesday 8/26 at 7 pm
FITNESS & GOLF WITH TERRY	30 minutes of fitness followed by a round of golf on The Sawyer at Garland.	8/11 & 8/25 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



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