



# MAY

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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Tentative Schedule - See website for more details.</b>						1 <b>POUND</b> 10:30-11:30 am
3 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	4 <b>POUND</b> 5:30-6:30 pm	5 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i>	6 <b>Mobility Mix</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>P-Fusion</b> 6:00-6:45 pm	7 <b>Freestyle Fitness</b> 5:00-6:00 pm <b>Spring Fling Burlesque</b> 6:30-7:30 pm	8 <b>PUMP</b> 10:30-11:30 am	9 <b>ROCKSTAR QUEENS</b> Mother's Day POUND Special See website for details. Register by 5/7
10 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	11 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	12 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i>	13 <b>Mobility Mix</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>P-Fusion</b> 6:00-6:45 pm	14 <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>Spring Fling Burlesque</b> 6:30-7:30 pm	15 <b>PUMP</b> TBD	16 <b>Pilates &amp; Prosecco</b> 10:30-11:30 am
17 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	18 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	19 <b>PUMP</b> TBD <i>Art in Motion Youth Dance</i>	20 <b>Mobility Mix</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>P-Fusion</b> 6:00-6:45 pm	21 <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>Spring Fling Burlesque</b> 6:30-7:30 pm	22 <b>PUMP</b> TBD	23 <b>POUND</b> TBD
24 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	25 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	26 <b>PUMP</b> TBD <i>Art in Motion Youth Dance</i>	27 <b>Mobility Mix</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>P-Fusion</b> 6:00-6:45 pm	28 <b>Freestyle Fitness</b> 5:00-6:00 pm <b>Spring Fling Burlesque</b> 6:30-7:30 pm	29 <b>PUMP</b> TBD	30 <b>POUND</b> TBD

CLASS TYPE **Adult Class** Youth Class

## DESCRIPTIONS



**Auricular (Ear) Acupuncture/ Acupressure with Jesica** - 40 minutes of acupuncture in a relaxing group setting. Sundays at 5 pm.



**Freestyle Fitness with Jackie** - A fun and functional full-body workout. Classes will take place outside with nice weather. Thursdays at 5 pm



**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



**MOVE with Nancy** A heart healthy combination of strength, cardio and core work. Mondays & Thursdays at 10:30 am



**POUND with Brandi & Sarah** - A high-energy cardio jam session that combines drumming and fitness. Mondays at 5:30 pm Saturdays at 10:30 am



**Mobility Mix with Sarah** Dynamic stretching and bodyweight strength work that improves mobility & flexibility. Wednesdays at 10:30 am



**Spring Fling Burlesque** 4 weeks of confidence-building burlesque. Thursdays at 6:30 pm



**ROCKSTAR QUEENS** Rock out with Mom at this family-friendly POUND class! Register by 5/7. 5/9 at 10:30 am

### PRICES

#### Fitness Classes

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

#### Auricular Acupuncture

\$25  
2 Punches  
\$5 with Membership

#### Youth Dance

\$30-\$35 per month

### YOUTH



**Art in Motion Youth Dance** - A combination of jazz, ballet and contemporary for ages 3-13. 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



**PUMP with Terry & Sarah** Total body strength training that uses different forms of resistance. Tuesdays & Fridays. See website for times.



**Pilates & Prosecco** It'll be just as much fun as it sounds! 5/16 at 10:30 am



**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!

