



MAY

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

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 POUND 10:30-11:30 am
3 Auricular (Ear) Acupuncture 5:00-6:00 pm	4 POUND 5:30-6:30 pm	5 PUMP 10:30-11:30 am <i>Art in Motion Youth Dance</i>	6 Mobility Mix 10:30-11:30 am <i>Art in Motion Youth Dance</i> P-Fusion 6:00-6:45 pm	7 Freestyle Fitness 5:00-6:00 pm Spring Fling Burlesque 6:30-7:30 pm	8 PUMP 10:30-11:30 am	9 ROCKSTAR QUEENS Mother's Day POUND Special See website for details. Register by 5/7
10 Auricular (Ear) Acupuncture 5:00-6:00 pm	11 MOVE 10:30-11:30 am POUND 5:30-6:30 pm	12 PUMP 10:30-11:30 am <i>Art in Motion Youth Dance</i>	13 Mobility Mix 10:30-11:30 am <i>Art in Motion Youth Dance</i> P-Fusion 6:00-6:45 pm	14 P-Fusion 9:30-10:15 am MOVE 10:30-11:30 am Freestyle Fitness 5:00-6:00 pm Spring Fling Burlesque 6:30-7:30 pm	15 PUMP 8:30-9:30 am	16 Pilates & Prosecco 10:30-11:30 am
17 Auricular (Ear) Acupuncture 5:00-6:00 pm	18 MOVE 10:30-11:30 am POUND 5:30-6:30 pm	19 PUMP 10:30-11:30 am <i>Art in Motion Youth Dance</i>	20 Mobility Mix 10:30-11:30 am <i>Art in Motion Youth Dance</i> P-Fusion 6:00-6:45 pm	21 P-Fusion 9:30-10:15 am MOVE 10:30-11:30 am Freestyle Fitness 5:00-6:00 pm Spring Fling Burlesque 6:30-7:30 pm	22 PUMP 8:30-9:30 am	23 POUND TBD
24 Auricular (Ear) Acupuncture 5:00-6:00 pm	25 MOVE 10:30-11:30 am POUND 5:30-6:30 pm	26 PUMP 10:30-11:30 am <i>Art in Motion Youth Dance</i>	27 Mobility Mix 10:30-11:30 am <i>Art in Motion Youth Dance</i> P-Fusion 6:00-6:45 pm	28 P-Fusion 9:30-10:15 am MOVE 10:30-11:30 am Freestyle Fitness 5:00-6:00 pm Spring Fling Burlesque 6:30-7:30 pm	29 PUMP 8:30-9:30 am	30 POUND 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 Total body strength training that uses different forms of resistance. Tuesdays at 10:30 am. Fridays at 8:30 am



Pilates & Prosecco 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!

