

NOVEMBER

FITNESS & YOUTH ACTIVITIES



SUN	MON	TUE	WED	THU	FRI	SAT
1 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	2 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	3 Total 30 8:20-9:00 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	4 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	5 P-Fusion 9:30-10:15 am Compound 45 5:30-6:15 pm	6 Stretch & Sculpt 12:00-12:45 pm	7 PUMP 10:00-10:45 am
8 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	9 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	10 Total 30 8:20-9:00 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	11 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	12 P-Fusion 9:30-10:15 am Compound 45 5:30-6:15 pm	13 Stretch & Sculpt 12:00-12:45 pm Kids' Night In, Parents' Night Out! 5:30-9:00 pm	14 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
15 Mobility Mix 4:00-4:45 am	16 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	17 Total 30 8:20-9:00 am Art in Motion Dance Fresh - Strength & Cardio 6:00-6:45 pm	18 Mobility Mix 9:15-10:15 am TBD 12:00-12:45 pm Art in Motion Dance P-Fusion 6:00-6:45 pm	19 PUMP 9:30-10:15 am Compound 45 5:30-6:15 pm	20	21 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
22 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	23 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	24 Total 30 8:20-9:00 am Fresh - Strength & Cardio 6:00-6:45 pm	25 Mobility Mix 9:15-10:15 am P-Fusion 12:00-12:45 pm	26 HAPPY THANKS GIVING	27 Black Friday Burn 9:30-10:15 am	28 Piyo 10:00-10:45 am Vinyasa Yoga 11:00-12:00 pm
29 Unplugged 4:00-4:30	30 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	<p>Save the Date! Celebrate our 3 year anniversary with us during Lewiston's Ladies Night on December 5th from 3-7 pm!</p>			CLASS TYPE Adult Class Youth Class	

ADULT

DESCRIPTIONS

BLACK FRIDAY BURN WITH SARAH	45 minutes of strength, cardio & core work. The best Black Friday deal is investing in YOU!	11/27 at 9:30 am
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
MOBILITY MIX WITH SARAH S.	Dynamic stretching and bodyweight strength work that improves mobility & flexibility.	Mondays & Wednesdays at 9:15 am Sunday 11/15 at 4 pm
MOVE WITH NANCY	A heart healthy combination of strength, cardio and core work.	Mondays 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	A high-energy cardio jam session that combines drumming and fitness	Mondays at 5:30 pm
PUMP WITH SARAH	Total body strength training that uses different forms of resistance.	Saturday 11/7 at 10 am Thursday 11/19 at 9:30 am
STRETCH & SCULPT WITH NANCY	45 minutes of stretching and toning exercises.	Wednesdays at 12 pm Fridays at 12 pm
TOTAL 30 WITH SARAH N.	30 minutes of strength, cardio & endurance.	Tuesdays at 8:20 am
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.	Sunday 11/29 at 6 pm

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

KIDS' NIGHT IN, PARENTS' NIGHT OUT!
3.5 hours of activities and creative play for kids. Kids' night in, parents' night out!
11/13 from 5:30-9 pm

PRICES

Fitness Classes
\$13 - Single Session
Class Passes & Month Memberships are available

4 Classes for \$30!

Offer valid until 11/15.

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