

# JULY

# FITNESS, WELLNESS & YOUTH ACTIVITIES



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

## ADULT

## DESCRIPTIONS

<b>AURICULAR (EAR) ACUPUNCTURE/ ACUPRESSURE WITH JESSICA</b>	40 minutes of acupuncture in a relaxing group setting.	Tuesdays at 7 pm
<b>SUSPENSION TRAINING WITH TERRY</b>	Use body weight and gravity to build strength, balance, flexibility, and core stability.	Thursdays at 5:30 pm & Fridays at 8:30 am
<b>FRESH WITH SARAH</b>	A music-driven combination of strength, cardio & yoga.	Tuesdays at 5:30 pm Thursday 7/9 at 10:30 am
<b>MOBILITY MIX WITH SARAH</b>	Dynamic stretching and bodyweight strength work that improves mobility & flexibility.	Mondays & Wednesdays at 9:15 am
<b>MOVE WITH NANCY</b>	A heart healthy combination of strength, cardio and core work.	Mondays & Thursdays at 10:30 am
<b>P-FUSION WITH BRANDI &amp; NANCY</b>	A Pilates inspired, no-impact and beginner friendly core focused workout.	Wednesdays at 6 pm & Thursdays at 9:30 am
<b>POUND WITH BRANDI &amp; SARAH</b>	A high-energy cardio jam session that combines drumming and fitness	Mondays at 5:30 pm & Saturdays at 9:30 am
<b>PUMP WITH TERRY</b>	Total body strength training that uses different forms of resistance.	Tuesdays at 10:30 am
<b>RED, WHITE &amp; REPS WITH TERRY</b>	A 45 minute 4 <sup>th</sup> of July special.	POP-UP Saturday 7/4 at 8:30 am
<b>LINE DANCING WITH JESS</b>	Beginner level line dancing. Wear boots or comfortable shoes.	POP-UP Saturday 7/11 at 6 pm
<b>CLUB VIBE WITH JESS</b>	A high-energy fusion of fitness & hip-hop.	POP-UP Saturday 7/18 at 6 pm
<b>UNPLUGGED WITH SARAH</b>	20 minutes of music-driven HIIT finished with 10 minutes of rhythmic breathing and meditation.	POP-UP Wednesday 7/29 at 7 pm
<b>FITNESS &amp; GOLF WITH TERRY</b>	30 minutes of fitness followed by a round of golf on The Sawyer at Garland.	7/7 & 7/21 at 9:15 am registration required. Punch cards & memberships cannot be used

## YOUTH

**ART IN MOTION SUMMER DANCE CAMP**  
A 9 week dance adventure for ages 3-13! June 23 - August 18  
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

## PRICES

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

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

**Summer Youth Dance**  
\$75 for 9 weeks

**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!

