



# APRIL

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

SUN	MON	TUE	WED	THU	FRI	SAT
3/29 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	3/30 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	3/31 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>Yoga</b> 7:00-8:00 pm	1 <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	2 <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	3 <b>PUMP</b> 10:30-11:30 am	4 <b>Easter Egg Hunt &amp; photos with the Easter Bunny!</b> 1:00-3:00 PM 
5	6 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	7 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>Yoga</b> 7:00-8:00 pm	8 <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	9 <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	10 <b>PUMP</b> 10:30-11:30 am	11 <b>POUND</b> 10:30-11:30 am
12 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	13 <b>POUND</b> 5:30-6:30 pm	14 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>Yoga</b> 7:00-8:00 pm	15 <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	16 <b>Freestyle Fitness</b> 5:00-6:00 pm	17 <b>PUMP</b> 10:30-11:30 am	18 <b>POUND</b> 10:30-11:30 am <b>Restorative Yoga</b> 1:30-3:00 pm
19 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	20 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	21 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>Yoga</b> 7:00-8:00 pm	22 <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	23 <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	24 <b>PUMP</b> 10:30-11:30 am	25 <b>Club Vibe</b> 10:30-11:30 am
26 <b>Auricular (Ear) Acupuncture</b> 5:00-6:00 pm	27 <b>MOVE</b> 10:30-11:30 am <b>POUND</b> 5:30-6:30 pm	28 <b>PUMP</b> 10:30-11:30 am <i>Art in Motion Youth Dance</i> <b>Yoga</b> 7:00-8:00 pm	29 <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	30 <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	5/1	5/2 <b>TBD</b> 10:30-11:30 am

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 combination of dance and strength training that moves with the music! 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



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



**Yoga with Jessica** - Healing and balancing yoga for all ages and all levels. Tuesdays at 7 pm



**Restorative Yoga with Jessica** - 90 minutes of slow, soft, intentional movement. April 18 at 1:30 pm

### PRICES

#### Fitness Classes

\$13-\$15 - 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 Sarah & Nancy** - Total body strength training that uses different forms of resistance. Tuesdays & Fridays 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!

