



DDA SUMMER *Movement* FITNESS PROGRAM

The Lewiston DDA is teaming up with Movement on Main to bring you an entire summer of Saturday morning fitness classes! They'll be held on the beach at Tom May Memorial Park or at the Albert Township Park.

All classes are by donation!

DATE	CLASS	INSTRUCTOR	DESCRIPTION	LOCATION
6/15	YOGA	BAYLIE	This slow flow class focuses on strength, flexibility and balance.	BEACH
6/22	ME AND MY SHADOW	JESS	Fun, upbeat and easy to follow dances for adults and kids!	ALBERT TWP PARK
7/6	SWEAT	SARAH	A circuit style course incorporating elements of both strength training and HIIT.	ALBERT TWP PARK
7/13	CARDIO DRUMMING	CHERI	An upbeat and high energy cardio class! <i>*Sign up required</i>	ALBERT TWP PARK
7/20	FREESTYLE FITNESS	JACKIE	A full body workout that combines dance, cardio, strength and core!	ALBERT TWP PARK
7/27	POUND	JACKIE & SARAH	Channel your inner rockstar with us during this energizing cardio jam session! <i>*Sign up required</i>	ALBERT TWP PARK
8/3	YOGA	LIV	Slower paced Vinyasa class uniting breath with body through a variety poses accessible to all skill levels. Includes strength, balance, flexibility, and mindfulness.	BEACH

ALL CLASSES ARE:

- AT 10 AM
- BY DONATION
- FOR ALL AGES AND LEVELS OF FITNESS AND DO NOT REQUIRE ANY EXPERIENCE.

OTHER DETAILS:

- PLEASE BRING A MAT OR TOWEL FOR YOGA.
- SIGNING UP IS ONLY REQUIRED IF NOTED IN THE DESCRIPTION.
- COME JOIN THE FUN!

MORE DETAILS AND SIGN UP AT:
WWW.LEWISTONMOVES.COM

2971 KNEELAND ST. LEWISTON | 989-342-8249