

| MONDAY                                  | TUESDAY   | WEDNESDAY                            | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY |
|---|---|--------------------------------------|--|--|---|--------|
| 5:30am<br>H.I.I.T It!<br>Kayla - GR     | 5:30am<br>CYCLE<br>Allie - C                    | 5:30am<br>SHRED 207<br>Michelle - GR | 5:30am<br>CYCLE<br>Allie - C                     | <b>Looking for Nutritional Help?</b><br>Ask for Michelle Twitchell or inquire at the front desk  |   |        |
| 8:30am<br>CYCLE<br>Nicole - C           | 8:30am<br>TOTAL Body<br>Challenge<br>Nancy - GR | 8:30am<br>CYCLE<br>Nancy - C         |  | 8:30am<br>CYCLE<br>Kelley - C  | 8:30am<br>T.N.T<br>Lin - GR   |        |
| 9:15am<br>FIRED UP<br>Michelle - GR     | 9:30am<br>YOGA<br>Nancy - GR                    |                                      |  | 9:30am<br>ABS-N-CORE<br>Kelley - GR  | <b>Need Motivation or Want to Change Up Your Routine?</b><br>Schedule a meeting with one of our expert Personal Trainers<br><br>Grab a few friends and make it a group session! |        |
| 10:30am<br>ACTIVE AGING<br>Nicole - GR  |   | 10:00am<br>POWER FLEX<br>Kelley - GR | 10:00am<br>YOGA<br>Strength & Tone<br>Tisha - GR |  |   |        |
|   |   |                                      |  | <b>Want to Learn How to Use the Equipment - Cardio / Weights/ Etc.</b><br>Anyone intrested, sign up for a <b>FREE ORIENTATION</b> at the front desk  |   |        |
| 4:40pm<br>STEP<br>Debbie                |   | 4:30pm<br>ZUMBA<br>Cynthia- GR       |  |  |   |        |
|   |   |                                      |  |  |   |        |
| 5:30pm<br>MONDAY<br>MADNESS<br>Ian - GR | 5:30pm<br>POWER HOUR<br>Allie - GR              | 5:30pm<br>CYCLE<br>Debbie - C        |  | 746 Main Street, Lewiston, ME 04240<br>207-689-3145<br><a href="http://www.thegymlewiston.com">www.thegymlewiston.com</a><br>Mon-Thurs 4:30am-8:30pm, Fri 4:30am-7:00pm<br>Sat-Sun 7am-3pm<br>Find us in Facebook! |   |        |
| 5:30pm<br>CYCLE<br>Debi - C             | 6:40pm<br>ZUMBA<br>Magic Mike - GR              |                                      |  |  |   |        |

