



Portage Fitness Center

Fitness Classes - Fall Session

September 2 – November 30, 2025

- Daily Rate: \$5
- 16-class punch card: \$70
- Monthly Rate: \$40
- Unlimited Classes: \$360 annually
- Unlimited Classes and Gym Access: \$600 annually
- Phase 3: \$60 for 8 classes
- Coach's Learning Lab: FREE

To learn more, head to
UPHealthSystem.com/Fitness-Classes
Register by using the MemberMe+ app
or calling **906.483.1149**



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Fitness Classes - Fall Session

Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am	Total Body Blast		Total Body Blast			
5:45-6:45am		Indoor Cycle		Indoor Cycle		
7:00-7:45am		Core Cycle		Core Cycle	Indoor Cycle	
7:30-9:00am						S3C - Strength, Cardio, Core Circuit
8:15-9:00am	FUNctional Fitness	Yoga	FUNctional Fitness	Yoga	FUNctional Fitness	
9:10-10:10am					Core Stretch	
9:30-10:30am	Phase 3	Phase 3	Phase 3	Phase 3		
11:00- 12:00pm		Anaerobic Lactic Circuit		Anaerobic Lactic Circuit		
5:30-6:30pm	Tabata & Sculpt					
6:30-7:30pm		UPLIFT	Total Body Circuit			
6:45-7:45pm	SHiNE					

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