

# Portage Fitness Center

## Fitness Classes - Summer Session

Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am		Indoor Cycle	Total Body Blast	Indoor Cycle		
5:45-6:30am					Total Body Blast	
6:00-6:45am				Quincy Green Cardio Mix		
6:30-8:00am						S3C - Strength, Core & Cardio Circuit
6:40-7:25am				Bootcamp		
7:00-7:45am		Core Cycle			Indoor Cycle	
8:15-9:00am	FUNctional Fitness	Yoga in the Park	FUNctional Fitness	Yoga in the Park	FUNctional Fitness	
9:10-10:10am					Core Stretch	
9:30-10:30am		Phase 3		Phase 3		
10-10:45am				Quincy Green FUNctional Fitness		
6:30-7:30pm		UPLIFT	Glutes & Guns			
6:45-7:45pm	SHINE					