



PORTAGE FITNESS CENTER

Portage Fitness Classes – Summer Session

Summer Session June 2 - August 30, 2025

- 16-class punch card = \$70
- Daily Rate = \$5
- Unlimited Classes = \$360 Annually
- \$40 Monthly
- \$600 with Annual Membership
- Phase 3 = \$60 for 8 classes
- Coach's Learning Lab = FREE

Join the fun and meet new people in a supportive, encouraging environment.

To learn more about our classes, head to
UPHealthSystem.com/Fitness-Classes
Register by using the MemberMe+ App or calling
906.483.1149



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Day & Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM	Total Body Blast	Indoor Cycle	Total Body Blast	Indoor Cycle		
6:00-6:45 a.m.				Quincy Green Cardio Mix		
6:45–7:30 AM				TRX Circuit		
7:00–7:45 AM		Core Cycle			Indoor Cycle	
7:00-8:30 AM	Coach's Learning Lab		Coach's Learning Lab			
7:30–9:00 AM						S3C - Strength, Cardio, Core Circuit
8:15–9:00 AM	FUNctional Fitness	Yoga in the Park	FUNctional Fitness	Yoga in the Park	FUNctional Fitness	
9:10–10:10 AM					Core Stretch	
9:30–10:30 AM		Phase 3	Phase 3	Phase 3		
10:30-11:30AM	Phase 3					
11:00-12:00 PM		Anaerobic Lactic Circuit		Anaerobic Lactic Circuit		
5:30-6:30 PM	Tabata & Sculpt Coach's Learning Lab			Coach's Learning Lab		
6:00-6:55 PM			Total Body Circuit			
6:30-7:30 PM	SHiNE	UPLIFT				

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