



Portage Fitness Center

Fitness Classes - Fall Session

August 31 – November 29, 2026

- Daily Rate: \$8
- 16-class punch card: \$80
- Monthly Rate: \$50
- Unlimited Classes: \$380 annually
- Unlimited Classes and Gym Access: \$600 annually
- Phase III: \$65 for 8 classes

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			
5:45-6:45am		Indoor Cycle		Indoor Cycle		
5:45-6:30am					Total Body Blast	
7:00-7:45am		Core Cycle		Core Cycle	Indoor Cycle	
6:30-8am						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 III		Phase III		
12:00-12:45pm	TRX Total Body					
6:45-7:45pm	SHiNE					

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