



## **Portage Fitness Classes – Fall Session**

September 5 – December 3, 2023

**16-class punch card**—\$70

**Daily Rate**—\$5

**Unlimited Classes**—\$360 Annually

\$40 Monthly | \$600 with Annual Membership

To register, please call **906.483.1149**

**[uphealthsystem.com/fitness-classes](https://uphealthsystem.com/fitness-classes)** | MemberMe+ App

Join in on the fun and meet new people all in a supportive,  
encouraging environment!



| Day & Time     | MONDAY                     | TUESDAY                          | WEDNESDAY                   | THURSDAY                         | FRIDAY                     | Saturday                         |
|----------------|----------------------------|----------------------------------|-----------------------------|----------------------------------|----------------------------|----------------------------------|
| 5:45—6:45 AM   | Cycle Flex (Marissa)       | Indoor Cycle (Laurie)            |                             | Indoor Cycle (Laurie)            | Cycle Flex (Angela)        |                                  |
| 6:00-6:45 AM   |                            |                                  | HIIT (Angela/ Marissa)      |                                  |                            |                                  |
| 7:00—7:45 AM   | Stability/Mobility (Jason) | Core Cycle (Angela)              | Stability/ Mobility (Jason) | Core Cycle (Susan)               |                            |                                  |
| 7:30—9:00 AM   |                            |                                  |                             |                                  |                            | Strength & Cardio Circuit (Doug) |
| 8:00-9:00 AM   |                            |                                  |                             |                                  |                            | Indoor Cycle (Laurie)            |
| 8:15—9:00 AM   | FUNctional Fitness (Susan) | Yoga (Susan)                     | FUNctional Fitness (Susan)  | Yoga (Susan)                     | FUNctional Fitness (Susan) |                                  |
| 9:10—10:10 AM  |                            |                                  |                             |                                  | Core Stretch (Angela)      |                                  |
| 9:15-10:00 AM  |                            |                                  |                             |                                  |                            | Bootcamp (Laurie)                |
| 9:30—10:30 AM  |                            | Phase III (Susan)                |                             | Phase III (Susan)                |                            |                                  |
| 10:00-11:00 AM | Phase 3 (Jason)            |                                  | Phase 3 (Jason)             |                                  |                            |                                  |
| 11:30-12:15 PM |                            | Anaerobic Lactic Circuit (Jason) |                             | Anaerobic Lactic Circuit (Jason) |                            |                                  |
| 5:30-6:15 PM   | Total Body Blast (Marissa) |                                  |                             |                                  |                            |                                  |
| 6:00-6:55 PM   |                            |                                  | Glutes & Guns (Doug)        |                                  |                            |                                  |
| 6:15—7:15 PM   | Bootcamp (Laurie)          |                                  |                             | Bootcamp (Laurie)                |                            |                                  |
| 6:30-7:25 PM   |                            | SHiNE (Marie)                    |                             |                                  |                            |                                  |

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