



PHASE III

Our Phase III Program is designed for those needing more guidance in the gym, including cardiac rehab graduates. Oxygen levels, heart rate and blood pressure are monitored for those interested.

PROGRAM GOALS:

- Introduce members to our facility and get you comfortable with all equipment
- Incorporate new means of exercise such as strength training, machines and free weights
- Encourage you to be as independent as possible

Monday, 10–11 am

Wednesday, 9–10 am

Tuesday & Thursday
9:30–10:30 am

8 sessions = \$60

OR

8 sessions + 1-month gym
membership = \$75

UP Health System – Portage | Fitness Center

921 W. Sharon Ave | Houghton, MI 49931

906.483.1149 | UPHealthSystem.com/Fitness-Classes