



Spring Session — Portage Fitness Center

March 6, 2023—June 4, 2023

16-class punch card—\$70

Daily Rate—\$5

Unlimited Classes—\$360 Annually

\$40 Monthly | \$600 with Annual Membership

To register, call **906.483.1149**

UPHealthSystem.com/Fitness-Classes | MemberMe+ App

Day & Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	SUNDAY
5:45—6:45 AM		Indoor Cycle (Laurie)		Indoor Cycle (Laurie)	Cycle Flex (Angela)		
6:00—6:45 AM			HIIT (Emma)				
7:00—7:45 AM	Stability/ Mobility (Jason)	Core Cycle (Angela)	Stability/ Mobility (Jason)	Core Cycle (Susan)			
8:00—9:00 AM						Women's Strength Circuit (Doug) Indoor Cycle (Laurie)	Women's Strength Circuit (Doug)
8:15—9:00 AM	FUNctional Fitness (Susan)	Yoga (Susan)	FUNctional Fitness (Susan)	Yoga (Susan)	FUNctional Fitness (Susan)		
9:15-10:00 AM						TRX (Laurie)	
9:10—10:10 AM					Core Stretch (Angela)		
9:30—10:30 AM		Phase III (Susan)		Phase III (Susan)			
10 - 11:00 AM	Phase III (Jason)		Phase III (Jason)				
11:30-12:15 p.m.		Anaerobic Lactic Circuit (Jason)		Anaerobic Lactic Circuit (Jason)			
4:15—5:00 PM			Indoor Cycle (Angela)				
6:00—6:55 PM	Shine (Marie)		Glutes & Guns (Doug)				

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