



## **Portage Fitness Classes - Spring Session**

February 28 — May 29, 2022

**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**

**PortageHealth.org/Fitness Center | 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	SUNDAY
5:45—6:45 AM	Cycle Flex (Angela)	Indoor Cycle (Laurie)		Indoor Cycle (Laurie)	Cycle Flex (Angela)		
6:00—6:45 AM			HIIT (Emma)				
7:00—7:45 AM		Core Cycle (Angela)		Core Cycle (Susan)			
8:00—9:00 AM						Indoor Cycle (Laurie)	
8:00—9:00 AM						Women's Strength Circuit (Doug)	Women's Strength Circuit (Doug)
8:15—9:00 AM	FUNctional Fitness (Susan)	Yoga (Susan)	FUNctional Fitness (Susan)	Yoga (Susan)	FUNctional Fitness (Susan)		
9:10—9:55 AM	Core Mix (Emma)		Core Mix (Emma)		Core Stretch (Angela)		
9:15—10:00 AM						TRX (Laurie)	
9:30—10:30 AM		Phase III (Susan)		Phase III (Susan)			
12:00-1:00 PM	Phase III (Emma)		Phase III (Emma)				
5:15-6:00 PM		Total Body Blast (Emma)					
6:00—6:55 PM	Shine (Marie)		Shine (Marie)				

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First class is FREE!