



## **Portage Fitness Classes – Spring Session**

March 4 – June 2, 2024

**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** or use the **MemberMe+ App**

Find class descriptions at [uphealthsystem.com/fitness-classes](https://uphealthsystem.com/fitness-classes)

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		Indoor Cycle		Indoor Cycle	Cycle Flex		
6:00-6:45 AM			HIIT				
7:00—7:45 AM	Stability/ Mobility	Core Cycle	Stability/Mobility	Core Cycle			
8:00-9:00 AM						Strength & Cardio Circuit Indoor Cycle	Strength & Cardio Circuit
8:15—9:00 AM	FUNctional Fitness	Yoga	FUNctional Fitness	Yoga	FUNctional Fitness		
9:10—10:10 AM					Core Stretch		
9:15-10:00 AM						Bootcamp	
9:30—10:30 AM		Phase III		Phase III			
10:00-11:00 AM	Phase 3		Phase 3				
11:15-12:15 PM	Anaerobic Lactic Circuit		Anaerobic Lactic Circuit				
12:00-12:45 PM		TRX/Core					
12:30-1:15 PM	Cycle Flex		Cycle Flex				
4:30-5:15 PM		Total Body Blast					
5:30-6:30 PM	Bootcamp			Bootcamp			
6:00-6:55 PM			Glutes & Guns				
6:30-7:30 PM		<i>UPLIFT</i>					

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