



Portage Fitness Classes – Fall Session

September 1 – November 30, 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**

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	Indoor Cycle		Indoor Cycle		
6:00-6:45 AM			HIIT			
7:00—7:45 AM	Stability/Mobility	Core Cycle	Stability/Mobility	Core Cycle		
7:00-8:00 AM					Cycle Flex	
7:30—9:00 AM						S3C - Strength, Cardio, Core Circuit
8:00-9:00 AM						Indoor Cycle
8:15—9:00 AM	FUNctional Fitness	Yoga	FUNctional Fitness	Yoga	FUNctional Fitness	
9:10—10:10 AM					Core Stretch	
9:00-10:00 AM			Phase 3			
9:15-10:00 AM						Weekend Warrior
9:30—10:30 AM		Phase 3		Phase 3		
10:00-11:00AM	Phase 3					
11:00-12:00 PM		Anaerobic Lactic Circuit		Anaerobic Lactic Circuit		
12:00-12:45 PM		TRX Circuit				
5:30-6:15 PM		Total Body Blast				
5:30-6:30 PM	Tabata & Sculpt			Bootcamp		
6:00-6:55 PM			Glutes & Guns			
6:30-7:30 PM		UPLIFT				

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