



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

March 3 – May 31, 2025

**16-class punch card**—\$70

**Daily Rate**—\$5

**Unlimited Classes**—\$360 Annually

\$40 Monthly | \$600 with Annual Membership

**Phase 3** —\$60 for 8 classes

**Coach's Learning Lab** —FREE

To register, please call **906.483.1149**

**[uphealthsystem.com/fitness-classes](https://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
5:30-6:30 AM	Total Body Blast		Total Body Blast			
5:45—6:45 AM		Indoor Cycle		Indoor Cycle		
7:00—7:45 AM		Core Cycle		Core Cycle	Indoor Cycle	
7:00-8:30 AM	Coach's Learning Lab		Coach's Learning Lab			
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	
9:15-10:00 AM						Weekend Warrior
9:30—10:30 AM		Phase 3	Phase 3	Phase 3		
10:30-11:30AM	Phase 3					
11:00-12:00 PM		Anaerobic Lactic Circuit		Anaerobic Lactic Circuit		
12:00-12:45 PM		TRX Circuit				
12:15-1:00 PM	Total Body Blast		Cycle Flex	Total Body Blast		
5:30-6:30 PM	Tabata & Sculpt Coach's Learning Lab			Body Tone Coach's Learning Lab		
6:00-6:55 PM			Glutes & Guns			
6:30-7:30 PM	SHINE	UPLIFT				

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Look for pop-up classes to be added to the schedule by visiting our Facebook page!