



## Portage Fitness Classes - Summer Session

June 2 – August 31, 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**

**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	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45—6:45 AM		Indoor Cycle		Indoor Cycle	Cycle Flex		
5:45-6:30 AM	Adventure Bootcamp						
6:00-6:45 AM		Quincy Green Cardio Mix	Adventure Bootcamp	Quincy Green Cardio Mix			
7:00—7:45 AM	Stability/ Mobility	Core Cycle Going the Distance	Stability/ Mobility	Going the Distance			
8:00-9:00 AM						Strength & Cardio Circuit	Strength & Cardio Circuit
8:15—9:00 AM	FUNctional Fitness	Yoga in the Park	FUNctional Fitness	Yoga in the Park	FUNctional Fitness		
9:10—10:10 AM					Core Stretch		
9:30—10:30 AM		Phase 3		Phase 3			
10:00-11:00 AM	Phase 3		Phase 3				
11:00:12:00 PM	Anaerobic Lactic Circuit		Anaerobic Lactic Circuit				
5:30-6:15 PM		Total Body Blast					
5:30-6:30 PM	Adventure Bootcamp			Adventure Bootcamp			
6:00-6:55 PM			Glutes & Guns				
6:30-7:30 PM		<i>UPLIFT</i>					

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Classes in blue are held outdoors—check the MemberMe+ App for locations and instructor details!