



Portage Fitness Classes – Winter Session

December 2, 2024 – March 2, 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 | 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		Indoor Cycle		Indoor Cycle		
6:00-6:45 AM			HIIT		Step & Sculpt	
7:00—7:45 AM		Core Cycle		Core Cycle	Cycle Flex	
7:00-8:30 AM	Coach's Learning Lab	Coach's Learning Lab	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	
9:00-10:00 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				
12:15-1:00 PM	Cycle Flex		Cycle Flex			
5:30-6:30 PM	Tabata & Sculpt			Bootcamp		
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!