

GROWING UP DOESN'T MEAN GROWING OLD

What Will You Do When You Grow Up?



JULY 10 – SEPTEMBER 1, 2023

FITNESS SCHEDULE

REGISTRATION OPENS ON MONDAY, JUNE 5

BARRE on Wednesdays

Wednesdays, 9:30 – 10:15 AM

July 12 – August 30

Instructor: Shelia Earle

\$35 Members / \$45 Non-Members

BARRE on Thursdays

Thursdays, 10 – 10:45 AM

July 13 – August 31

Instructor: Melissa Stout

\$35 Members / \$45 Non-Members

BeMoved® Dance Fitness on Mondays

Mondays, 2 – 3 PM

July 17 – August 28

Instructor: Patricia Plasko

\$35 Members / \$45 Non-Members

BeMoved® Dance Fitness on Tuesdays

Tuesdays, 11 AM – 12 PM

July 18 – August 29

Instructor: Patricia Plasko

\$35 Members / \$45 Non-Members

Body Rebound

M-W-F, 9:15 – 10:15 AM

July 17 – September 1

Instructor: Debbie Snell

\$45 Members / \$55 Non-Members

Chair Yoga- In Person

Mondays, 9 – 10 AM

July 10 – August 28

Instructor: Shelia Earle

\$35 Members / \$45 Non-Members

Chair Yoga- Virtual via Zoom

Mondays, 10 – 11 AM

July 10 – August 28

Instructor: Melissa Stout

\$35 Members / \$45 Non-Members

Lifetime Enhance Fitness

M-W-F, 10:30 – 11:30 AM

July 10 – September 1

Instructor: Shelia Earle

\$45 Members / \$55 Non-Members

Line Dancing

Mondays, 10:30 – 11:30 AM

July 17 – August 28

Instructor: Debbie Snell

\$40 Members / \$50 Non-Members

Seated Tai Chi

Wednesdays, 9 – 10 AM

July 12 – August 30

Instructor: Matu Kurzava

\$55 Members / \$65 Non-Members

Silver Sneakers Classic

Mondays, 9 – 10 AM

July 10 – August 21

Instructor: Michelle Mickelson

Please call the YMCA at (269)324-9622
option 4 to register

Yoga Unwind on Wednesdays

Wednesdays, 1 – 2:15 PM

July 19 – August 30

Instructor: Patricia Plasko

\$55 Members / \$65 Non-Members

Tai Chi

Tuesdays, 9 – 10 AM

July 11 – August 29

Instructor: Matu Kurzava

\$55 Members / \$65 Non-Members

Yoga on Tuesdays

Tuesdays, 12:30 – 1:45 PM

July 11 – August 29

Instructor: Melissa Stout

\$55 Members / \$65 Non-Members

Qigong

Mondays, 12 – 1 PM

July 10 – August 28

Instructor: Ed Kehoe

\$55 Members / \$65 Non-Members

**FITNESS
SCHEDULE**

Call the Portage Zhang Senior Center at (269) 329-4555 to register or visit 203 East Centre Avenue, Portage, MI, 49002.

Descriptions for all classes can be found in the newsletter or online at mypzsc.portagemi.gov.

Are you wondering what fitness class is best for you? Call the PZSC to register if you want to try any of our classes one time for no charge. You must check in with the receptionist upon your arrival.

***This does not apply to Lifetime Enhance Fitness or any Silver Sneakers Classes.**