

GROWING UP DOESN'T MEAN GROWING OLD

What Will You Do When You Grow Up?



OCTOBER 30 – DECEMBER 22, 2023

FITNESS SCHEDULE

NO CLASSES 11/20 – 11/24

REGISTRATION OPENS ON MONDAY, OCTOBER 9

BARRE on Thursdays

Thursdays, 10 – 10:45 AM
November 2 – December 21
(No class 11/23)

Instructor: Melissa Stout

\$33 Members / \$43 Non-Members

Body Rebound

M-W-F, 9:15 – 10:15 AM
October 30 – December 15
(No class 11/20, 11/22, 11/24)

Instructor: Debbie Snell

\$40 Members / \$50 Non-Members

BeMoved® Dance Fitness on Mondays

Mondays, 2 – 3 PM
October 30 – December 18
(No class 11/20)

Instructor: Patricia Plasko

\$33 Members / \$43 Non-Members

BeMoved® Dance Fitness on Tuesdays

Tuesdays, 11 AM – 12 PM
October 31 – December 19
(No class 11/21)

Instructor: Patricia Plasko

\$33 Members / \$43 Non-Members

Chair Yoga- Virtual via Zoom

Mondays, 10 – 11 AM
October 30 – December 18
(No class 11/20)

Instructor: Melissa Stout

\$33 Members / \$43 Non-Members

Chair Yoga on Wednesdays

Wednesdays, 3 – 4 PM
November 1 – December 20
(No class 11/22)

Instructor: Melissa Stout

\$33 Members / \$43 Non-Members

Cardio Drumming

Tuesdayss, 1:15 – 2:15 PM

October 31 – December 19

(No class 11/7 or 11/21)

Instructor: Sandy Rose

\$33 Members / \$43 Non-Members

Functional Fitness

Mondays, 8 – 9 AM

October 30 – December 18

(No class 11/20)

Instructor: Elisa Cox

\$33 Members / \$43 Non-Members

Line Dancing

Mondays, 10:30 – 11:30 AM

October 30 – December 11

(No class 11/20)

Instructor: Debbie Snell

\$35 Members / \$45 Non-Members

Men's Self- Defense

Mondays, 11 AM – 12 PM

October 30 – December 18

(No class 11/20)

Instructor: Steve Cormier

\$33 Members / \$43 Non-Members

Seated Tai Chi

Wednesdays, 9 – 10 AM

November 1 – December 20

(No class 11/22)

Instructor: Prof Tao

\$53 Members / \$63 Non-Members

Tai Chi on Tuesdays

Tuesdays, 9 – 10 AM

October 31 – December 19

(No class 11/21)

Instructor: Matu Kurzava

\$53 Members / \$63 Non-Members

Tai Chi on Wednesdays

Wednesdays, 6 – 7 PM

November 1 – December 20

(No class 11/15 or 11/22)

Instructor: Ed Kehoe

\$50 Members / \$60 Non-Members

Qigong

Mondays, 12 – 1 PM

October 30 – December 18

(No class 11/20)

Instructor: Ed Kehoe

\$53 Members / \$63 Non-Members

Women's Self Defense

Wednesdays, 11 AM – 12 PM

November 1 – December 20

(No class 11/22)

Instructor: Steve Cormier

\$33 Members / \$43 Non-Members

Yoga on Tuesdays

Tuesdays, 12:00 – 1:15 PM

October 31 – December 19

(No class 11/21)

Instructor: Christine Peckels

\$53 Members / \$63 Non-Members

Yoga Unwind on Wednesdays

Wednesdays, 1 – 2:15 PM

November 1 – December 20

(No class 11/22)

Instructor: Patricia Plasko

\$53 Members / \$63 Non-Members

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 once for free. You must check in with the receptionist upon your arrival.

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