



Dance MIXX is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip swiveling dance party with a hot playlist to distract you from the burn.

**\$15/month for Y members**

**\$29.99/nonYmembers**

**ALL CLASSES  
in 2018 =FREE  
for students  
ages 16-22**

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9am Gym 410pm FS A 530pm FS B	2 530pm FS A	3 7 am FS A 8am FS A
4 9am FS A 3pm FSA	5 9am Gym 530pm FS A 630pm FS A	6 9am Gym 410pm FS A 530pm FS B	7 9am Gym 530pm FS A 630pm FS A	8 9am Gym 410pm FS A 530pm FS B	9 530pm FS A	10 7 am FS A 8am FS A
11 9am FS A 3pm FSA	12 9am Gym 530pm FS A 630pm FS A	13 9am Gym 410pm FS A 530pm FS B	14 9am Gym 530pm FS A 630pm FS A	15 9am Gym 410pm FS A 530pm FS B	16 530pm FS A	17 7 am FS A 8am FS A
18 9am FS A	19 9am Gym 530pm FS A <b>No 630pm</b>	20 9am Gym 410pm FS A 530pm FS B	21 9am Gym 530pm FS A 630pm FS A	22 9am Gym 410pm FS A 530pm FS B	23 530pm FS A	24 7 am FS A 8am FS A
25 9am FS A	26 9am Gym 530pm FS A 630pm FS A	27 9am Gym 410pm FS A 5305pm FS B	28 9am Gym 530pm FS A 630pm FS A	29 9am Gym 410pm FS A 530pm FS B	30 <b>Good Friday – No Class</b>	31 7 am FS A 8am FS A

**Jazzercise at Portage YMCA 219.628.0321 portage.jazzercisecenter@gmail.com**