



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

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am Gym 410pm FS A 530pm FS A	2 9am Gym 530pm FS A 630pm FS A	3 9am Gym 410pm FS A 530pm FS A	4 530pm FS A	5 7 am FS A 8am FS A
6 9am FS A	7 9am Gym 530pm FS A	8 9am Gym 410pm FS A 530pm FS A	9 9am Gym 530pm FS A 630pm FS A	10 9am Gym 410pm FS A 530pm FS A	11 530pm FS A	12 7 am FS A 8am FS A
13 No Classes – Happy Mothers Day	14 9am Gym 530pm FS A	15 9am Gym 410pm FS A 530pm FS A	16 9am Gym 530pm FS A 630pm FS A	17 9am Gym 410pm FS A 530pm FS A	18 530pm FS A	19 7 am FS A 8am FS A
20 9am FS A	21 9am Gym 530pm FS A	22 9am Gym 410pm FS A 530pm FS A	23 9am Gym 530pm FS A 630pm FS A	24 9am Gym 410pm FS A 530pm FS A	25 530pm FS A	26 7 am FS A 8am FS A
27 9am FS A	28 No Classes – Happy Memorial Day	29 9am Gym 410pm FS A 5305pm FS A	30 9am Gym 530pm FS A 630pm FS A	31 9am Gym 410pm FS A 530pm FS A	June 1 530pm FS A	June 2 7 am FS A 8am FS A

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