



YMCA of Portage Township, Inc
September 1st - September 30th

3100 Willowcreek Road
PORTAGE, IN 46368
(219) 762-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Boot Camp Gymnasium B 5:15am - 6:05am		Boot Camp Gymnasium B 5:15am - 6:05am		Boot Camp Gymnasium B 5:15am - 6:05am		
6am		Boot Camp Gymnasium B 6:30am - 7:20am		Boot Camp Gymnasium B 6:30am - 7:20am			
7am						Flip Fusion Fitness Studio A 7am - 8am	
8am	Triple Threat Fitness Studio A 8:30am - 9:20am	Fit For Life Fitness Studio A 8:30am - 9:20am	Triple Threat Fitness Studio A 8:30am - 9:20am	Fit For Life Fitness Studio A 8:30am - 9:20am	Full Body Barre Fitness Studio B 8:30am - 9:20am		
	Full Body Barre Fitness Studio B 8:40am - 9:20am		Full Body Barre Fitness Studio B 8:40am - 9:20am		Fit For Life Fitness Studio A 8:30am - 9:20am		
9am	Core and More Fitness Studio C 9am - 9:30am	Mat Yoga Fitness Studio B 9:30am - 10:20am	Core and More Fitness Studio C 9am - 9:30am	Mat Yoga Fitness Studio B 9:30am - 10:20am	Core and More Fitness Studio C 9am - 9:30am	Triple Threat Fitness Studio A 9:30am - 10:20am	Flip Fusion Fitness Studio A 9am - 10am
	RUN CLUB Front Lawn 9:30am - 10:20am	Cycle and More Cycling Alcove 9:30am - 10:20am	Mat Yoga Fitness Studio B 9:30am - 10:20am	Cycle and More Cycling Alcove 9:30am - 10:20am	Fitness Blender/Zumba® Fitness Studio B 9:30am - 10:20am		
	Power Pump Fitness Studio A 9:30am - 10:20am	Zumba® Fitness Studio A 9:30am - 10:20am	RUN CLUB Front Lawn 9:30am - 10:20am	Zumba® Fitness Studio A 9:30am - 10:20am	Triple Threat Fitness Studio A 9:30am - 10:20am		
	SilverSneakers® Yoga Fitness Studio C 9:30am - 10am	Boot Camp Gymnasium B 9:30am - 10:20am	Power Pump Fitness Studio A 9:30am - 10:20am	Boot Camp Gymnasium B 9:30am - 10:20am	SilverSneakers® Yoga Fitness Studio C 9:30am - 10am		
			SilverSneakers® Yoga Fitness Studio C 9:30am - 10am				
10am	Cardio Drumming Fitness Studio A 10:30am - 11am	Triple Threat Fitness Studio A 10:30am - 11:20am	Cardio Drumming Fitness Studio A 10:30am - 11am	Triple Threat Fitness Studio A 10:30am - 11:20am	SilverSneakers BOOM™ Muscle Gymnasium B 10:30am - 11am		
	Silver Sneaker® Circuit Gymnasium B 10:30am - 11:20am	SilverSneakers® Classic Gymnasium B 10:30am - 11:20am	Silver Sneaker® Circuit Gymnasium B 10:30am - 11:20am	SilverSneakers® Classic Gymnasium B 10:30am - 11:20am			
11am					Ageless Grace Gymnasium B 11am - 11:30am		
1pm	Enhance®Fitness Fitness Studio A 1:30pm - 2:30pm	Zumba® Gold Fitness Studio A 1:30pm - 2pm	Enhance®Fitness Fitness Studio A 1:30pm - 2:30pm	Zumba® Gold Fitness Studio A 1:30pm - 2pm	Enhance®Fitness Fitness Studio A 1:30pm - 2:30pm		
2pm		SilverSneakers® Yoga Fitness Studio A 2pm - 2:30pm		SilverSneakers® Yoga Fitness Studio A 2pm - 2:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Full Body Barre Fitness Studio B 4:30pm - 5:20pm		Full Body Barre Fitness Studio B 4:30pm - 5:20pm				
	Flip Fusion Fitness Studio A 4:30pm - 5:20pm		Flip Fusion Fitness Studio A 4:30pm - 5:20pm				
5pm	Triple Threat Fitness Studio A 5:30pm - 6:20pm	Flip Fusion Fitness Studio A 5:30pm - 6:20pm	Triple Threat Fitness Studio A 5:30pm - 6:20pm	Flip Fusion Fitness Studio A 5:30pm - 6:20pm			
	PiYo Fitness Studio C 5:30pm - 6:20pm	Cycle and More Cycling Alcove 5:30pm - 6:20pm	PiYo Fitness Studio C 5:30pm - 6:20pm	Cycle and More Cycling Alcove 5:30pm - 6:20pm			
		Open Pickleball Gymnasium B 5:30pm - 8pm					
6pm	Balance & Flex Together Fitness Studio C 6:30pm - 7:20pm	Power Pump Fitness Studio A 6:30pm - 7:20pm	Balance & Flex Together Fitness Studio C 6:30pm - 7:20pm	Open Volleyball Gymnasium B 6pm - 8pm			
	Zumba® Fitness Studio A 6:30pm - 7:20pm		Zumba® Fitness Studio A 6:30pm - 7:20pm	Power Pump Fitness Studio A 6:30pm - 7:20pm			

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Class Descriptions

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Ageless Grace - Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain. 21 simple exercises designed for all ages and abilities. This class focuses on the healthy longevity of the body and mind.

Balance & Flex Together - This mind and body class incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Boot Camp - In this high intensity, military training inspired class you may burn up to 600 calories in 50 mins. Instructors, trained to utilize military inspired drills, strive to enhance agility, speed, power, strength & quickness. All fitness levels welcome!!

Cardio Drumming - This cardio class utilizes simple dance moves to give you a full body workout which will leave you smiling, sweating & feeling great. Using exercise balls and drum sticks you will burn calories, release stress & leave feeling happy!

Core and More - A non-stop 30 minutes targeting the abdomen and obliques with a circuit type of workout. In addition to core, you will work your arms and/or leg muscles. No two classes are the same but you will always leave feeling the burn! All fitness levels!!

Cycle and More - Cycling is a great low-impact cardio workout which builds muscle endurance and promotes weight loss & mental health by reducing stress levels. You'll also jump off of the bike to work legs, arms and core muscles to boost your workout into high gear!

Enhance@Fitness - REGISTRATION IS REQUIRED. 16-week Program. EnhanceFitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence.

Fit For Life - A low-impact aerobics, strength, & toning class with the goal of improving balance and flexibility. Improving balance, flexibility, endurance, and strength can help active older adults stay healthier longer! (In chair or standing workout)

Fitness Blender/Zumba® - Experience a variety of cardio, strength, and core exercises that are sure to rev up your heart rate and sculpt your muscles while doing dance steps from around the world. Leave the class wanting to come back for more FUN!

Flip Fusion - A combination of dance, strength & resistance training for all fitness levels. Sweat to fun upbeat music while getting a head to toe workout and start seeing a boost in your energy levels just after a few classes!

Full Body Barre - A head to toe ballet inspired barre workout that will help you burn calories, slim, sculpt and cinch in all the right places. Light hand weights may be used for total body, cardio sculpting workout for all fitness levels.

Mat Yoga - A restorative yoga class that will help you relax and recenter with soothing and supported yoga poses modified for any fitness level. Come and absorb the benefits of yoga leaving your entire body feeling renewed, refreshed and peaceful.

Open Pickleball - Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong while contributing to an active, healthy lifestyle. Free to Y Members. Guest Policy applies to all others.

Open Volleyball - Get off the couch, grab some friends and have some fun at open volleyball! For ages 14+. Parent or guardian must sign-in participants under 18 years of age. ID and waiver required for all non-me. Free to Y Members. Guest Policy Applies to All Others.

PiYo - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and defined!

Power Pump - This strength training class challenges all major muscle groups using weight room exercises focusing on high repetition movements with the weights of your choice will shape, tone & strengthen your entire body to the beat of the music!

RUN CLUB - This is a social run club that is open to members of all abilities and fitness levels to come together to run, jog, or walk the outdoor or indoor course. Each week see progress with the support of others around you!! (meet on front lawn at 9:25am)

Silver Sneaker® Circuit - A GREAT addition to our SS Classic class! This class provides a bit more intensity for those looking for a more challenging workout. Taught and modified to provide a great class standing, low-impact upper-body strength with a chair there for support.

SilverSneakers BOOM™ Muscle - A higher intensity dance workout class that improves cardio endurance and burns calories and all in 30 minutes. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves to help you feel GREAT!

SilverSneakers® Classic - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers® Yoga - Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Triple Threat - LEGS...ARMS..CORE..Cardio and strength training combined! This challenging calorie & fat burning class works different muscles and is never boring. Push your limits, boost endurance, and continue to burn calories for hours after your workout is done!

Zumba® - We take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout-cardio, muscle conditioning, balance and flexibility, and boosted energy after every class!



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Zumba® Gold - The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination for Active Older Adults that recreates the original moves.