

P-H-M Community Education  
Winter Fitness Classes 2015-2016

The following fitness classes are being offered this winter. For more information or to register by phone call (574) 258-9568 or visit us at [www.phmschools.org](http://www.phmschools.org) and click on Community Education to view the flyers and registration forms online or to register online. Payment must be received at the time of registration. To register in person come to the P-H-M Educational Services Center, 55900 Bittersweet Road, Mishawaka, IN, which is just north of Penn High School. Registration hours are from 8 a.m. to 12:30 p.m. and 1:30 to 4 p.m. Monday-Friday.

**\*\*Registrations for winter classes must be received by Wednesday, December 16, 2015\*\***

BITTERSWEET ELEMENTARY SCHOOL

**Pilates**

Mondays, 6:05-6:50 p.m.  
January 4-February 8 (5 classes)  
Cost is \$25

**Fitness Boot Camp**

Mondays & Wednesdays, 7:00-7:45 p.m.  
January 4-February 17 (11 classes)  
Cost is \$45

ELM ROAD ELEMENTARY SCHOOL

**Zumba**

Tuesdays & Thursdays, 6:05-7:05 p.m.  
January 5-February 18 (12 classes)  
Cost is \$50

ELSIE ROGERS ELEMENTARY SCHOOL

**Advanced Kettlebells**

Tuesdays, 6:05-6:50 p.m.  
January 5-February 16 (7 classes)  
Cost is \$35

**Beginner Kettlebells**

Tuesdays, 7:00-7:45 p.m.  
January 5-February 16 (7 classes)  
Cost is \$35

NORTHPOINT ELEMENTARY SCHOOL

**Jazzercise/Interval Fusion**

Wednesdays, 6:15-7:15 p.m.  
January 6-February 17 (7 classes)  
Cost is \$35

**Yoga**

Mondays & Wednesdays, 7:30-8:30 p.m.  
January 4-February 17 (12 classes)  
Cost is \$50

PENN HIGH SCHOOL

**Water Aerobics**

Tuesdays & Thursdays, 7:45-8:40 p.m.  
January 5-February 16 (13 classes)  
Cost is \$60/\$55 for senior citizen

PRAIRIE VISTA ELEMENTARY SCHOOL

**Yoga**

Mondays, 6:05-7:05 p.m.  
January 4-February 1 (4 classes)  
Cost is \$20

**Zumba**

Mondays & Wednesdays, 7:15-8:15 p.m.  
January 4-February 3 (9 classes)  
Cost is \$40

SCHMUCKER MIDDLE SCHOOL

**PiYo**

Mondays, 7:00-8:00 p.m.  
January 4-February 8 (5 classes)  
Cost is \$25

**Tai Chi for Energy**

Wednesdays, 6:30-7:30 p.m.  
January 6-February 17 (7 classes)  
Cost is \$35

WALT DISNEY ELEMENTARY SCHOOL

**Zumba**

Tuesdays & Thursdays, 6:30-7:30 p.m.  
January 5-February 18 (14 classes)  
Cost is \$55