

P-H-M Community Education
Winter Fitness Classes 2016-2017

The following fitness classes are being offered this winter. For more information or to register with a credit card by phone call (574) 258-9568. Or register online at our PHM Web Store at phm.revtrak.net and click on Community Education classes to register. An ePayment must be received at the time of registration. There is a 3.49% fee when paying with credit card/ePayment. 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. We accept cash or check at the office.

****Registrations must be received by December 21, 2016 as the Community Education office will be closed over Winter Recess (12/26-1/6)****

BITTERSWEET ELEMENTARY SCHOOL

Pilates

Mondays, 6:05-6:50 p.m.
January 9-February 13 (5 classes)
Cost is \$25

Fitness Boot Camp

Mondays & Wednesdays, 7:00-7:45 p.m.
January 9-February 22 (12 classes)
Cost is \$50

ELM ROAD ELEMENTARY SCHOOL

Zumba

Tuesdays & Thursdays, 6:15-7:15 p.m.
January 10-February 23 (12 classes)
Cost is \$50

ELSIE ROGERS ELEMENTARY SCHOOL

Advanced Kettlebells

Tuesdays, 6:05-6:50 p.m.
January 10-February 21 (7 classes)
Cost is \$35

Beginner Kettlebells

Tuesdays, 7:00-7:45 p.m.
January 10-February 21 (7 classes)
Cost is \$35

NORTHPOINT ELEMENTARY SCHOOL

Jazzercise Flip Fusion

Mondays, 6:15-7:15 p.m.
January 9-February 13 (5 classes)
Cost is \$25

Jazzercise Dance Mixx

Wednesdays, 6:15-7:15 p.m.
January 11-February 22 (7 classes)
Cost is \$35

Yoga

Mondays & Wednesdays, 7:30-8:30 p.m.
January 9-February 22 (12 classes)
Cost is \$50

PENN HIGH SCHOOL

Water Aerobics

Tuesdays & Thursdays, 7:45-8:40 p.m.
January 10-February 23 (13 classes)
Cost is \$60/\$55 for senior citizen

PRAIRIE VISTA ELEMENTARY SCHOOL

Yoga

Mondays, 6:05-7:05 p.m.
January 9-February 13 (4 classes)
Cost is \$20

Hip Hop Cardio Dance

Mondays & Wednesdays, 7:15-8:15 p.m.
January 9-February 22 (9 classes)
Cost is \$40

SCHMUCKER MIDDLE SCHOOL

PiYo

Mondays, 7:00-8:00 p.m.
January 9-February 13 (5 classes)
Cost is \$25

Zumba

Tuesdays & Thursdays, 6:30-7:30 p.m.
January 10-February 23 (13 classes)
Cost is \$55