

## P-H-M Community Education Winter Fitness Classes 2017-2018

The following fitness classes are being offered in January and February. Call (574) 258-9568 to register by phone or online go to [phm.revtrak.net](http://phm.revtrak.net) and click on Community Education class. To register in person come to the P-H-M Educational Services Center, 55900 Bittersweet Road, Mishawaka, IN or mail your registration form to this address. Payment must be received at the time of registration. Registration hours are from 8 a.m. to 12:30 p.m. and 1:30 to 4 p.m. Monday-Friday.

### BITTERSWEET ELEMENTARY SCHOOL

#### **Cardio Drumming**

Mondays & Wednesdays, 7:30-8:30 p.m.  
January 8-February 21 (11 classes)  
Cost is \$45

### ELM ROAD ELEMENTARY SCHOOL

#### **Pilates Fusion**

Thursdays, 6:15-7:15 p.m.  
January 11-February 22 (6 classes)  
Cost is \$30

### NORTHPOINT ELEMENTARY SCHOOL

#### **Pound Fit**

Mondays & Wednesdays, 6:15-7:15 p.m.  
January 8-February 21 (12 classes)  
Cost is \$45

#### **Yoga**

Mondays & Wednesdays, 7:30-8:30 p.m.  
January 8-February 21 (12 classes)  
Cost is \$45

### PENN HIGH SCHOOL

#### **Water Aerobics**

Tuesdays & Thursdays, 7:45-8:40 p.m.  
January 16-February 20 (10 classes)  
Cost is \$45/\$40 for senior citizen

### PRAIRIE VISTA ELEMENTARY SCHOOL

#### **Yoga**

Mondays, 6:05-7:05 p.m.  
January 8-February 12 (5 classes)  
Cost is \$25

#### **Strong by Zumba**

Mondays, 7:15-8:15 p.m.  
January 8-February 12 (5 classes)  
Cost is \$25

#### **Pilates Fusion**

Wednesdays, 7:15-8:15 p.m.  
January 10-February 21 (7 classes)  
Cost is \$35

### SCHMUCKER MIDDLE SCHOOL

#### **Tai Chi Bang Stick**

Mondays, 6:00-7:00 p.m.  
January 8-February 5 (4 classes)  
Cost is \$20

#### **Dance Fitness**

Tuesdays & Thursdays, 7:15-8:15 p.m.  
January 9-February 22 (13 classes)  
Cost is \$50

#### **Tai Chi for Arthritis**

Wednesdays, 6:25-7:25 p.m.  
January 10-February 21 (6 classes)  
Cost is \$30

#### **Tai Chi for Energy**

Wednesdays, 7:30-8:30 p.m.  
January 10-February 21 (6 classes)  
Cost is \$30

#### **Tai Chi Yang Style**

Thursdays, 6:00-7:00 p.m.  
January 11-February 15 (6 classes)  
Cost is \$30

### WALT DISNEY ELEMENTARY SCHOOL

#### **Cardio Drumming**

Tuesdays & Thursdays, 6:15-7:15 p.m.  
January 9-February 22 (14 classes)  
Cost is \$55