

P-H-M Community Education Winter Fitness Classes 2019-2020

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 and click on Community Education class. To register in person come to the Educational Services Center, 55900 Bittersweet Rd, Mishawaka, IN or mail your registration form to this same address. **Registration hours are from 8 a.m. to 12:30 p.m. and 1:30 to 4 p.m., Monday-Friday. Instructors can't accept your registration/payment.**

Registrations must be received by Monday, December 16, 2019

BITTERSWEET ELEMENTARY SCHOOL

Cardio Drumming

Mondays & Wednesdays, 6:15-7:15 p.m.

1/6-2/12 (11 classes) Class fee-\$50

ELM ROAD ELEMENTARY SCHOOL

Barre

Tuesdays, 6:15-7:15 p.m.

1/7-2/11 (5 classes) Class fee-\$30

Zumba Dance

Thursdays, 6:15-7:15 p.m.

1/9-2/13 (5 classes) Class fee-\$30

ELSIE ROGERS ELEMENTARY SCHOOL

Kettlebell

Tuesdays, 6:15-7:00 p.m.

1/7-2/11 (6 classes) Class fee-\$35

Functional Fitness

Thursdays, 6:30-7:30 p.m.

1/9-2/13 (6 classes) Class fee-\$35

NORTHPOINT ELEMENTARY SCHOOL

Yoga

Mondays & Wednesdays, 7:30-8:30 p.m.

1/6-2/12 (11 classes) Class fee-\$50

Pound Fit

Wednesdays, 6:15-7:15 p.m.

1/8-2/12 (6 classes) Class fee-\$35

PENN HIGH SCHOOL

Water Aerobics

Tuesdays & Thursdays, 7:45-8:40 p.m.

1/7-2/13 (10 classes) Class fee-\$45/\$40 for senior citizen

PRAIRIE VISTA ELEMENTARY SCHOOL

Yoga

Mondays, 6:05-7:05 p.m.

1/6-2/10 (3 classes) Class fee-\$20

WERQ Dance Fitness

Mondays, 7:15-8:15 p.m.

1/6-2/10 (3 classes) Class fee-\$20

Barre

Wednesdays, 7:15-8:15 p.m.

1/8-2/12 (5 classes) Class fee-\$30

SCHMUCKER MIDDLE SCHOOL

Tai Chi Bang Stick

Mondays, 6:00-7:00 p.m.

1/6-2/10 (5 classes) Class fee-\$30

5 Element Yang Style

Thursdays, 6:00-7:00 p.m.

1/9-2/13 (6 classes) Class fee-\$35

WALT DISNEY ELEMENTARY SCHOOL

Cardio Drumming

Tuesdays & Thursdays, 6:15-7:15 p.m.

1/7-2/20 (14 classes) Class fee-\$55