

## **P-H-M Community Education Winter Fitness Classes 2025**

The following fitness classes are being offered in January and February 2025. Registration begins Monday, November 11, 2024. Call 574.258.9568 to register by phone or online go to [phm.revtrak.net](http://phm.revtrak.net) and click on Community Education classes. You can mail in your registration form to P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545. Phone 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 as you must register PRIOR to attending a class. Registrations must be received by Wednesday, December 18, 2024.**

### **BITTERSWEET ELEMENTARY SCHOOL**

#### **Cardio Drumming-Class fee-\$50**

Instructor: Cheryl Burnett

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

12 classes-January 6, 8, 13, 15, 22, 27, 29 and February 3, 5, 10, 12, 19

### **ELM ROAD ELEMENTARY SCHOOL**

#### **WERQ-Class fee-\$30**

Instructor: Nicci DeWitt

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

6 classes-January 7, 14, 21, 28 and February 18, 25

#### **Mindful Movement-Class fee-\$25**

Instructor: Nicci DeWitt

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

4 classes-January 9, 16, 23, 30

### **ELSIE ROGERS ELEMENTARY SCHOOL**

#### **Kettlebells-Class fee-\$30**

Instructor: Julie Dozier

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

6 classes-January 7, 14, 21, 28 and February 11, 18

### **NORTHPOINT ELEMENTARY SCHOOL**

#### **Yoga-Class fee-\$50**

Instructors: Valli Raman and Lauren Plennert

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

11 classes-January 6, 8, 13, 15, 22, 29 and February 3, 5, 10, 12, 19

### **PENN HIGH SCHOOL**

#### **Water Aerobics-Class fee-\$55/\$50 for senior citizen**

Instructor: Nicci DeWitt

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

11 classes-January 7, 9, 16, 21, 23, 28, 30 and February 4, 13, 18, 20

### **PRAIRIE VISTA ELEMENTARY SCHOOL**

#### **PLYOGA-Class fee-\$25**

Instructor: Cameron Lykowski

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

4 classes-January 6, 13, 27 and February 10

#### **Zumba-Class fee-\$30**

Instructor: Cameron Lykowski

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

6 classes- January 8, 15, 22, 29 and February 12, 19

### **Walk In/Mail In Registration Form Winter 2025**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Email \_\_\_\_\_

Fitness Class Name(s) \_\_\_\_\_

TOTAL Class Fee Due \$ \_\_\_\_\_ (Exact Cash or Check when brought to the Community Education office)