

## **P-H-M Community Education Winter Fitness Classes 2026**

Winter fitness classes will be offered in January and February 2026. **Registration begins Tuesday, October 28, 2025.** 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. Registration and payments must be received by Wednesday, December 17, 2025.**

### **BITTERSWEET ELEMENTARY SCHOOL**

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

Instructor: Cheryl Burnett

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

14 classes-**January** 5, 7, 12, 14, 21, 26, 28 & **February** 2, 4, 9, 11, 18, 23, 25

### **ELM ROAD ELEMENTARY SCHOOL**

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

Instructor: Nicci DeWitt

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

6 classes-**January** 6, 13, 20 & **February** 10, 17, 24

#### **Mindful Movement-Class fee-\$30**

Instructor: Nicci DeWitt

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

6 classes-**January** 8, 15, 22, 29 & **February** 19, 26

### **ELSIE ROGERS ELEMENTARY SCHOOL**

#### **Kettlebells-Class fee-\$35**

Instructor: Julie Dozier

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

7 classes-**January** 6, 13, 20, 27 & **February** 3, 10, 17

#### **Kettlebell Step-Class fee-\$35**

Instructor: Julie Dozier

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

7 classes-**January** 8, 15, 22, 29 & **February** 5, 12, 19

### **NORTHPOINT ELEMENTARY SCHOOL**

#### **Yoga-Class fee-\$45**

Instructors: Valli Raman and Lauren Plennert

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

13 classes-**January** 5, 7, 12, 14, 21, 26, 28 & **February** 2, 4, 9, 11, 18, 25

### **PENN HIGH SCHOOL**

#### **Water Aerobics-Class fee-\$45/\$40 for senior citizen**

Instructor: Nicci DeWitt

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

9 classes-**January** 8, 20, 22, 27, 29 & **February** 5, 10, 12, 17

### **PRAIRIE VISTA ELEMENTARY SCHOOL**

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

Instructor: Cameron Lykowski

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

5 classes-**January** 5, 12, 26 & **February** 9, 23

#### **Zumba-Class fee-\$35**

Instructor: Cameron Lykowski

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

7 classes- **January** 7, 14, 21, 28 & **February** 11, 18, 25

### **Walk In/Mail In Registration Form Winter 2026**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_

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

TOTAL Class Fee Due \$ \_\_\_\_\_

(Exact Cash or Check made payable to PHM Community Ed when brought to the Community Education office)