

Descriptions of New Offerings



BARRE on Tuesdays- Virtual via Zoom

Barre is a full-body toning class with low-impact standing leg and core work. The perfect class for relatively active seniors. Modifications are available for every pose. Supplies needed: Chair and hand weights. Class recordings are emailed after each session.

BARRE Pilates Fusion

This energizing fusion class blends Barre with the core-focused precision of Pilates. Using a sturdy chair for balance and support, we will do low-impact exercise that improves posture, flexibility and muscular endurance.

BARRE on Mondays

This Chair BARRE is a gentle, low-impact class designed for active seniors. Using a sturdy chair for support, participants will build strength, improve posture, and increase flexibility. Hand weights and exercise balls are used during this class.

Waitlist Policy

If the class you want to register for is already full, we will add your name to the waitlist for that series. If a space becomes available, we will contact you. However, please note that being on the waitlist does NOT secure your spot for the next series.

3 ways to Register:

- 1. MyActiveCenter (MAC) -Online Platform- will enable you to register and pay by credit/debit card for PZSC classes online. *First Priority
- 2. In person at the reception desk *Second Priority
- 3. Phone Registration (269) 329-4555 *Third Priority



GROWING UP DOESN'T MEAN GROWING OLD

Your Next Adventure Starts Now!



MARCH 2 - APRIL 24

Member Registration opens Monday, February 16 at 8 AM
Non-Member Registration opens Monday, February 23 at 8 AM

<p>BARRE on Mondays Mondays, 10 - 11 AM March 2 - April 20 Instructor: Kylie Schultz \$35 Member / \$45 Non-Member</p>	<p>BARRE on Wednesdays Wednesdays, 9 - 9:45 AM March 4 - April 22 Instructor: Shelia Earle \$35 Member / \$45 Non-Member</p>
<p>BARRE on Tuesdays Tuesdays, 10 - 10:45 AM March 3 - April 21 Instructor: Melissa Stout \$35 Member / \$45 Non-Member</p>	<p>BARRE on Thursdays Thursdays, 10 - 10:45 AM March 5 - April 23 Instructor: Melissa Stout \$35 Member / \$45 Non-Member</p>
<p>BARRE Pilates Fusion Mondays, 1:30 - 2:30 PM March 2 - April 20 Instructor: Megan Haan \$35 Member / \$45 Non-Member</p>	<p>BARRE- Virtual via Zoom- NEW! Tuesdays, 12 - 12:45 PM March 3 - April 21 Instructor: Melissa Stout \$35 Member / \$45 Non-Member</p>
<p>Body Rebound M-W-F, 9:15 - 10:15 AM March 2 - April 22 Instructor: Debbie Snell \$45 Member / \$55 Non-Member</p>	<p>Cardio Drumming on Tuesdays Tuesdays, 1:15 - 2:15 PM March 10 - April 21 Instructor: Sandy Rose \$35 Member / \$45 Non-Member</p>

Fitness Schedule

Cardio Drumming on Thursdays

Thursdays, 6 - 7 PM
March 5 - April 16
Instructor: Sandy Rose
\$35 Member / \$45 Non-Member

Chair Pilates on Tuesdays

Tuesdays, 12 - 1 PM
March 3 - April 21
Instructor: Shelia Earle
\$35 Member / \$45 Non-Member

Chair Yoga on Mondays, Shelia

Mondays, 9 - 10 AM
March 2 - April 20
Instructor: Shelia Earle
\$35 Member / \$45 Non-Member

Chair Yoga on Fridays, Melissa

Fridays, 2 - 3 PM
March 6 - April 17 (NO CLASS ON 3/13)
Instructor: Melissa Stout
\$35 Member / \$45 Non-Member

Drums Alive®

Thursdays, 11 AM - 12 PM
March 5 - April 23
Instructor: Tamara Underwood
\$35 Member / \$45 Non-Member

Line Dancing

Mondays, 10:30 - 11:30 AM
March 2 - April 20
Instructor: Debbie Snell
\$35 Member / \$45 Non-Member

Chair Pilates on Mondays- NEW!

Mondays, 8:45 - 9:45 AM
March 2 - April 20
Instructor: Kylie Schultz
\$35 Member / \$45 Non-Member

Chair Yoga Virtual via Zoom

Mondays, 10 - 11 AM
March 2 - April 20
Instructor: Melissa Stout
\$35 Member / \$45 Non-Member

Chair Yoga on Wednesdays, Shelia

Wednesdays, 12 - 1 PM
March 4 - April 22
Instructor: Shelia Earle
\$35 Member / \$45 Non-Member

Chair Yoga on Wednesdays, Melissa

Wednesdays, 3 - 4 PM
March 4 - April 22
Instructor: Melissa Stout
\$35 Member / \$45 Non-Member

Enhance Fitness

M-W-F, 10:30 - 11:30 AM
March 2 - April 22
Instructor: Shelia Earle
\$45 Member / \$55 Non-Member

Men's Self Defense- NEW DAY/TIME!

Fridays, 12:30 - 1:30 PM
March 13 - April 24
Instructor: Steve Cormier
\$35 Members / \$45 Non-Members

Call the Portage Zhang Senior Center at (269) 329 - 4555 to register or visit 203 East Centre Avenue, Portage MI, 49002.

Fitness Schedule

Qigong

Mondays, 12 - 1 PM
March 2 - April 20
Instructor: Ed Kehoe
\$55 Member / \$65 Non-Member

Standing Tai Chi on Thursdays

Thursdays, 9 - 10 AM
March 5 - April 23
Instructor: Prof Cheng Tao
\$55 Member / \$65 Non-Member

Tai Chi I - Beginner

Tuesdays, 9 - 10 AM
March 3 - April 21
Instructor: Matú Kurzava
\$55 Member / \$65 Non-Member

Tai Chi on Wed Evenings

Wednesdays, 6 - 7 PM
March 4 - April 22
Instructor: Ed Kehoe
\$55 Member / \$65 Non-Member

Women's Self Defense

Wednesdays, 1:30 - 2:30 PM
March 11 - April 22
Instructor: Steven Cormier
\$35 Member / \$45 Non-Member

Zumba Gold®

Tuesdays, 10:45 - 11:30 AM
March 3 - April 21
\$35 Members / \$45 Non-Members
Instructor: Gretchen Pouliot

Seated Tai Chi on Mondays- NEW!

Mondays, 11 AM - 12 PM
March 2 - April 20
Instructor: Prof Cheng Tao
\$55 Member / \$65 Non-Member

Seated Tai Chi on Thursdays

Thursdays, 10:15 - 11:15 AM
March 5 - April 23
Instructor: Prof Cheng Tao
\$55 Member / \$65 Non-Member

Tai Chi II- Intermediate

Wednesdays, 10 - 11 AM
March 4 - April 22
Instructor: Matú Kurzava
\$55 Member / \$65 Non-Member

Tap Dancing on Mondays

Mondays, 2:30 - 3:45 PM
March 2 - April 20
Instructor: Diane Barron
\$35 Member / \$45 Non-Member

YOGA on Tuesdays

Tuesdays, 12 - 1:15 PM
March 3 - April 21
Instructor: Christine Peckels
\$55 Member / \$65 Non-Member

Evening Zumba Gold®

Thursdays, 6 - 6:45 PM
March 5 - April 16
Instructor: Gretchen Pouliot
\$35 Member / \$45 Non-Member

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