



Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30 AM	AfterBurn Barb Portsmouth	Yoga Barb Portsmouth	AfterBurn Barb Portsmouth	Yoga Barb Portsmouth		
08:00 AM						Sunrise Cycle Julie Portsmouth
08:30 AM		Zumba® Debbie Portsmouth		Zumba® Step Debbie Portsmouth		
09:00 AM	Cardio Mix Cindy Portsmouth		Cardio Mix Cindy Portsmouth		Cardio Mix Cindy Portsmouth	Yoga Julie Portsmouth
09:35 AM		Kettlebell Lucas Portsmouth		Kettlebell Lucas Portsmouth		
10:00 AM	BFF - Balance/Fitness/Flow Cindy Portsmouth		BFF - Balance/fitness/Flow Cindy Portsmouth		BFF - Balance/fitness/Flow Cindy Portsmouth	
10:15 AM						Toss Up GroupFitness Portsmouth
10:30 AM	Silver Sneakers® Laura Lucasville	Silver Sneakers® Laura Lucasville		Silver Sneakers® Laura Lucasville		
10:45 AM	Beginner Dance Moves Michelle Wheelersburg		Beginner Dance Moves Michelle Wheelersburg		Beginner Dance Moves Michelle Wheelersburg	
12:00 PM	Silver Sneakers® Michelle Wheelersburg		Silver Sneakers® Michelle Wheelersburg	Silver Sneakers® Michelle Wheelersburg		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01:00 PM		Dance for the Soul of It Lynsi Portsmouth		Dance for the Soul of It Lynsi Portsmouth		
01:30 PM	Silver Sneakers® MSROM Portsmouth		Silver Sneakers® MSROM Portsmouth		Silver Sneakers® MSROM Portsmouth	
04:00 PM	Functional Fusion™ Debbie Portsmouth	Hip Hop Heat (Triple H) Shelly Portsmouth	Functional Fusion™ Debbie Portsmouth	Total Barre™ (Starts January 22, 2015) Debbie Portsmouth	Hip Hop Heat (Triple H) Shelly Portsmouth	
	Body Blast GroupFitness Lucasville					
04:30 PM			R.I.D.E. Lucas Portsmouth			
05:15 PM		Dance for the Soul of It Lynsi Portsmouth		Dance for the Soul of It Lynsi Portsmouth		
05:30 PM	Zumba® Debbie Portsmouth		Zumba® Debbie Portsmouth	Zumba® Shelly Portsmouth		
	FitKids GroupFitness Portsmouth		FitKids GroupFitness Portsmouth			
05:35 PM	Tabata Laura Wheelersburg	Zumba® Ginger Wheelersburg	Tabata Laura Wheelersburg	Zumba® Ginger Wheelersburg		
	Taboxing Wendi Lucasville	Tabata Coleen Lucasville		Tabata Coleen Lucasville		
06:05 PM		Kettlebell Lucas Portsmouth		Kettlebell Lucas Portsmouth		
06:25 PM		Toning to the Tunes Coleen Lucasville		Toning to the Tunes Coleen Lucasville		
06:30 PM	Yoga Laura Wheelersburg		Yoga Laura Wheelersburg			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:35 PM		Body Blast Ginger Wheelersburg		Body Blast Ginger Wheelersburg		
06:45 PM	Hard-Core Tabata Shelly Portsmouth		Total Barre™ (Starts January21, 2015) Debbie Portsmouth	Tabata Leanne Portsmouth		
07:00 PM	Sun Down Ride Julie Portsmouth		Sun Down Ride Julie Portsmouth			
08:15 PM	Yoga Julie Portsmouth					

Class Descriptions

AfterBurn - (45 min) Boost your Basal Metabolic Rate (BMR) and burn more calories at rest by taking on this combination interval training class. This session will combine intermediate to high intensity cardio exercises with muscle building and toning weighted exercises.

Arthritis Aquatics - This program provides relief for those who suffer from the conditions of arthritis, Using slow, full range of motions movement in our pool in accordance with the National Arthritis Foundation Program.

Body Blast - 60 min. This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Aqua Dynamics - 60 min. Beginner level This class covers everything from cardio to muscle conditioning and is suitable for all age and fitness levels.

Beginner Dance Moves - This course is designed for the active, older population and de-conditioned beginners. It provides participants with a safe and effective total body workout. Get in shape with an easy to follow dance-exercise program to Latin and international dance rhythms. Wear exercise clothes and aerobic dance shoes. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Cardio Mix - A mix of all types of cardio options. Excellent for the person who is limited on time. This class will allow you to get a total body workout in 1 hour.

Aqua Kidz - Must be a good swimmer. This seasonal program is for the advanced swimmer. Held in the 25 meter lap pool, participants work on four (4) competitive strokes, Jr. life guarding and conditioning. Seasonal - call 740-356-7650 for dates.

BFF - Balance/Fitness/Flow - An athletic blend of Yoga, Ti Chi and Pilates, this class releases stress while you become more flexible and strengthen your core.

Competition Class - This class is designed to prepare the novice CrossFitter for CrossFit Competitions. You will work at a higher and longer intensity than a regular class session would be.

CrossFit - The CrossFit Alpha Pack program delivers a fitness that is by design, broad, general and inclusive. Our specialty is not specializing. Combat, survival, sports and life reward this kind of fitness and, on average, punish the specialist. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. CrossFit has used the same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. CrossFit workouts are scalable in both load and intensity.**This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.**

Functional Fusion™ - 60 min. Beginner to intermediate levels Traditional weight lifting and toning exercises fused with non-traditional exercises to enhance body appearance, awareness & function. Learn proper form & safe weight lifting techniques. This workout promises to target all of those desirable body parts and then some.

H²O Aerobics - 60 min. Beginner to intermediate levels High intensity water aerobic class combining cardiovascular and toning exercise with minimal impact on joints.

Dance for the Soul of It - 45-60 min (depending on the day and time of the class). This course is designed for the active, older population and de-conditioned beginners. It provides participants with a safe and effective total body workout. Get in shape with an easy to follow dance-exercise program to some of your favorite tunes. Wear exercise clothes and aerobic dance shoes.**This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.**

Hard-Core Tabata - 30 min. of High-intensity interval training (HIIT), focusing on core and abdominal exercises. 20 seconds of working at your fastest pace followed by 10 seconds of rest/recovery and then repeated. This type of workout will rev up your motor while toning and strengthening the center of your body.

Kettlebell - 30 min. Beginner. Learn the basic movements of a kettlebell workout using proper technique.

FitKids - A youth program that is designed in a play to be fit format. This program will have your child exercising and they won't even know it. Nutritional education will be incorporated in to this program as well. Adults will be able to get their workout in while their child in doing the same in another part of the facility. A FitKids Punch Card is required for attendance to this class.

Hip Hop Heat (Triple H) - 45min. This dance fitness class combines, Hip Hop, Reggetone, Pop and Dancehall styles for a high calorie burning workout, all to you favorite music!

Open Gym - Open gym is a time where you can come in and work on skills and technique, complete a posted WOD (Workout Of the Day), or do your own WOD. During the open gym time instructors will be in the den to assist you in skills and technique. **This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.**

R.I.D.E. - Random-Intensity-Duration-Expenditures (45min)
This cycling workout will train speed and endurance in a format that uses traditional cycling workouts.

Sunrise Cycle - 45 min. Beginners class limited to 15 Travel on a riding adventure as the instructor interweaves low tension with high tension intervals for a great calorie burning workout. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Taboxing - A combination of cardio boxing and Tabata fused together in one hot 60 minute session.

Silver Sneakers® - 30–45 min. Designed for the senior participate. A low intensity class providing flexibility exercises for all joints and light toning exercises for major muscle groups. Most exercises are performed in a chair. Bring a towel and bottle of water with you to class.

Tabata - 30/45 min. Tabata calls for 20 seconds of maximum intensity exercise on one muscle group followed by 10 seconds of rest, done 8 times without pausing for a total of 240 seconds or just 4 minutes. This class will complete multiple Tabatas in a 30/45 minute session targeting the whole body. Tabata is designed to be a brutal four minutes that takes the muscle group being worked to fatigue. You will feel the burn!**This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.**

Toning to the Tunes - Body Sculpting with high energy dance moves! A total body experience!

Sun Down Ride - 60 min. Beginners to intermediate students are welcome Enjoy a late evening ride after a hard day at the office! This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Tabata Waves - All levels of fitness welcome to this class. This class takes the program intensity of the land Tabata classes into the water! Working on speed with proper control of the movements the goal of this class is to provide a highly effective conditioning program to develop and improve cardio-respiratory fitness, muscular strength & endurance. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Toss Up - Toss Up!(60min.) – This class is an instructor's choice cardio/toning class. Instructors will rotate each week for a variety of workouts to keep your body guessing. Be prepared for anything from Zumba to Tabata to happen in this fast paced hour that will burn calories and tone your body!

Toss UP -Tabata Waves - This class is part of our Saturday morning TOSS UP Class rotation and occurs on the first Saturday of each month only. All levels of fitness welcome to this class. This class takes the program intensity of the land Tabata classes into the water! Working on speed with proper control of the movements the goal of this class is to provide a highly effective conditioning program to develop and improve cardio-respiratory fitness, muscular strength & endurance. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Yoga - 45-60 min. Beginner to intermediate levels. This Yoga class will integrate the body and mind through a series of basic poses that will allow you to gain all benefits of Yoga such as: increased flexibility, strength, and endurance while energizing yourself for the day ahead.

Zumba® Step - 60 min. A Latin inspired cardio dance class that infuses dances from all over the world and a step platform together in one fun, high energy, Fitness session, it's easy enough that "anyone" can learn how to do it. This class provides aerobic/cardio/toning activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Total Barre™ (Starts January 22, 2015) - Total Barre™ - is a high-energy program that focuses on strength, flexibility, stamina and dynamic stability by combining elements from Pilates, dance, cardio and strength training. Programming is driven by music which increases coordination, motivation and improved movement quality.

Zumba® - 60 min. A Latin inspired cardio dance class that infuses dances from all over the world together in one fun, high energy, Fitness session, it's easy enough that "anyone" can learn how to do it. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Total Barre™ (Starts January 21, 2015) - Total Barre™ - is a high-energy program that focuses on strength, flexibility, stamina and dynamic stability by combining elements from Pilates, dance, cardio and strength training. Programming is driven by music which increases coordination, motivation and improved movement quality.

Zumba® - 55 min. A Latin inspired cardio dance class that infuses dances from all over the world together in one fun, high energy, Fitness session, it's easy enough that "anyone" can learn how to do it. This class provides aerobic/cardio activity. This means that by participating you will work your heart muscle at a moderate or vigorous intensity for at least 10 minutes at a time. The American Heart Association recommends 150 minutes of cardiovascular exercise in a seven day week.

Portsmouth LIFE Center

1202 18th Street
Portsmouth, Ohio 45662
(740) 356-7566

Lucasville LIFE Center

10617 U.S. Route 23
Lucasville, Ohio 45648
(740) 356-7566

Wheelsburg LIFE Center

8430 Hayport Road
Wheelersburg, Ohio 45694
(740) 356-7566

Facility Hours*

Monday - Friday 5:30 am - 10:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 1:00 pm - 6:00 pm
* Hours Subject to change.
Pool closes 2 hours before facility.

Facility Hours*

Monday - Thursday 5:30 am - 9:00 pm
Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 2:00 pm
Sunday 1:00 pm - 5:00 pm
* Hours Subject to change

Facility Hours*

Monday - Thursday 5:30 am - 9:00 pm
Friday 5:30 am - 8:00 pm
Saturday 7:00 am - 4:00 pm
Sunday 1:00 pm - 5:00 pm
* Hours Subject to change

Class schedules are subject to change. Please visit <http://www.somc.org/life/fitness/schedule/> for the most up-to-date schedule.