



## Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30 AM	<b>Bootcamp</b> Josh Portsmouth	<b>Strong Slow Flow Yoga</b> Barb Portsmouth	<b>Bootcamp</b> Josh Portsmouth	<b>Strong Slow Flow Yoga</b> Barb Portsmouth		
05:45 AM					<b>Wendi's Kitchen Sink</b> Wendi Portsmouth	
07:00 AM						<b>Bootcamp</b> Josh Portsmouth
09:00 AM	<b>Fit-Mix</b> Cindy Portsmouth		<b>Fit-Mix</b> Cindy Portsmouth		<b>Yoga Basics</b> Melissa Portsmouth	<b>Vibrant Vinyasa Yoga</b> Tina Portsmouth
09:35 AM		<b>Kettlebell</b> Lucas Portsmouth		<b>Kettlebell</b> Lucas Portsmouth		
10:00 AM	<b>PiYO®</b> Cindy Portsmouth		<b>PiYO®</b> Cindy Portsmouth		<b>Dance With Me</b> Michelle Wheelersburg	
	<b>Dance with Me</b> Michelle Wheelersburg		<b>Dance With Me</b> Michelle Wheelersburg			
10:30 AM	<b>SilverSneakers®Classic</b> Laura Lucasville	<b>SilverSneakers®Classic</b> Laura Lucasville		<b>SilverSneakers®Classic</b> Laura Lucasville		
11:00 AM	<b>SilverSneakers®Classic</b> Michelle Wheelersburg		<b>SilverSneakers®Classic</b> Michelle Wheelersburg		<b>SilverSneakers®Classic</b> Michelle Wheelersburg	
11:30 AM		<b>Gentle Yoga</b> Laura Lucasville		<b>Gentle Yoga</b> Laura Lucasville		
12:30 PM	<b>SilverSneakers®Classic</b> Michelle Portsmouth		<b>SilverSneakers®Classic</b> Michelle Portsmouth		<b>SilverSneakers®Classic</b> Michelle Portsmouth	

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

01:00 PM		<b>R &amp; B Moves &amp; Grooves</b> <b>Debbie</b> Portsmouth		<b>R &amp; B Moves &amp; Grooves</b> <b>Debbie</b> Portsmouth		
02:00 PM		<b>Gentle Yoga</b> <b>Tina</b> Portsmouth		<b>Gentle Yoga</b> <b>Tina</b> Portsmouth		
04:00 PM	<b>Functional Fusion™</b> <b>Debbie</b> Portsmouth	<b>R.I.P.P.E.D. - One Stop Body Shock®</b> <b>Wendi</b> Portsmouth	<b>Functional Fusion™</b> <b>Debbie</b> Portsmouth			
05:00 PM				<b>Zumba®</b> <b>Debbie</b> Portsmouth		
05:15 PM	<b>KidzFit for LIFE GroupFitness</b> Portsmouth	<b>Drum Fitness Cardio &amp; Core Workout GroupFitness</b> Portsmouth	<b>Hip Hop Heat</b> <b>Shelly</b> Portsmouth			
	<b>Hip Hop Heat</b> <b>Shelly</b> Portsmouth		<b>KidzFit for LIFE GroupFitness</b> Portsmouth			
05:35 PM	<b>Barre Above™</b> <b>Laura</b> Wheelersburg	<b>Kick!</b> <b>Ginger</b> Wheelersburg	<b>Barre Above™</b> <b>Laura</b> Wheelersburg	<b>Intense FIT with CJ</b> <b>CJ</b> Lucasville		
	<b>R.I.P.P.E.D. - One Stop Body Shock® PLUS</b> <b>Wendi</b> Lucasville	<b>Body Blast</b> <b>Coleen</b> Lucasville		<b>Kick!</b> <b>Ginger</b> Wheelersburg		
06:05 PM		<b>Kettlebell</b> <b>Lucas</b> Portsmouth		<b>Kettlebell</b> <b>Lucas</b> Portsmouth		
06:35 PM	<b>Vinyasa Flow 101</b> <b>Laura</b> Wheelersburg	<b>Body Express</b> <b>Ginger</b> Wheelersburg	<b>Vinyasa Flow 101</b> <b>Laura</b> Wheelersburg	<b>Body Express</b> <b>Ginger</b> Wheelersburg		
06:45 PM		<b>PiYO®</b> <b>Leanne</b> Portsmouth		<b>Vibrant Vinyasa Yoga</b> <b>Tina</b> Portsmouth		

## Class Descriptions

**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.

**Body Blast** - (30-40 min.)(This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. That could mean just about anything!

**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.

**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 Express** - (30-40 min.)(This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. That could mean just about anything!

**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.\*\*

**Barre Above™** - 45 min.-Barre Above is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

**Bootcamp** - A high intensity yet fun strength and cardio workout. This class will incorporate strength and conditioning body weight exercises, weighted exercises and cardio exercises. Expect the format to change frequently and to feel the burn! When weather appropriate this class may go outdoors.

**CrossFit (Youth 10-13 Welcome)** - 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.\*\*

### **CrossFit Foundations for Beginners (Youth 10-13 are welcome)**

- Designed for the beginner level participant to learn the foundations of CrossFit, in a safe environment while using proper technique when doing the foundational exercises associated with CrossFit classes.

**Family Lap Swim** - This time in the pool is open to families who want to swim laps together. Children ages 9-13 are welcome to join their parents, guardians and grandparent members to swim laps. This time is dedicated for lap swimming only.

**Gentle Yoga** - 30-45min. Beginner Level. This class follows the program of regular yoga classes of the same level but at a slower pace and with a range of modifications, including the optional use of a chair, to make the poses progressively more accessible. Yoga can help reduce stress, improve circulation, build community connections and address challenges that result from chronic health conditions such as arthritis, heart disease, osteoporosis and fibromyalgia.

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

**Dance with Me** - This program is a lite dance cardio workout. It features songs from the 60's, 70's, 80's, 90's and some current pop tunes on the radio. (40min.)

**Fit-Mix** - A mix of all types of cardio options such as step, aerobics, toning, stability ball, weighted balls, gliding discs, kickboxing and more. This program is excellent for the person who is limited on time. This class will allow you to get a total body workout in one session.

**Hip Hop Heat** - This Dance Fitness class combines, Hip Hop, Reggetone, Pop and Dancehall styles for a high calorie workout, all to your favorite music!

**Kick!** - Beginner to intermediate exercisers. Combine kickboxing moves with exercises of cardio, balance, strength, flexibility and core in an interval format and you have **KICK!**

**Drum Fitness Cardio & Core Workout** - 45 min. - Join Debbie & Shelly and Experience a cardio jam session with high energy that is inspired by drumming! We are gonna turn up the heat for a non-stop cardio and core workout like no other! Cardio drumming is good for the body and the mind. This class will be very interactive and a fun sweaty workout!

**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.

**Intense FIT with CJ** - A full body workout with Intervals, cardio and body weight exercises. To strengthen, tone and enhance everybody!

**KidzFit for LIFE** - 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 is doing the same in another part of the facility. \*A KIDZFIT PUNCH CARD IS REQUIRED FOR ATTENDANCE TO THIS CLASS. Please see a LIFE Center service representative for more information regarding this program.

**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.P.P.E.D. - One Stop Body Shock ® - R.I.P.P.E.D. - ONE STOP BODY SHOCK ®-** A high energy workout that masterfully combines an easy, yet effective cardiovascular routines with weights and resistance. It's fun, created for all fitness levels and will produce the results you are looking for!

**Strong Flow Yoga** - Strong Slow Flow Yoga – This class flows at a slightly slower pace than a typical vinyasa class, allowing time for body alignment and smooth, mindful transitions from pose to pose. Poses may be held for a longer period of time to achieve a deeper stretch. During this class, students will be mindfully guided through each pose (asana) as they build flexibility, balance and strength in the body and core. This class grounds and awakens the body, clears the mind and relaxes the spirit. Great for all levels of fitness.

**PiYO®** - PiYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. Then we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

**R.I.P.P.E.D. - One Stop Body Shock ® PLUS - R.I.P.P.E.D.® PLUS- (75 MIN)** A high energy workout that masterfully combines an easy, yet effective cardiovascular routines with weights and resistance. The "PLUS" format adds 30 minutes of Tabata to the workout. It's fun, created for all fitness levels and will produce the results you are looking for!

**Strong Slow Flow Yoga** - Strong Slow Flow Yoga – This class flows at a slightly slower pace than a typical vinyasa class, allowing time for body alignment and smooth, mindful transitions from pose to pose. Poses may be held for a longer period of time to achieve a deeper stretch. During this class, students will be mindfully guided through each pose (asana) as they build flexibility, balance and strength in the body and core. This class grounds and awakens the body, clears the mind and relaxes the spirit. Great for all levels of fitness.

**R & B Moves & Grooves** - A beginner level dance fitness class. This program will mix up all types of dances from various eras and styles. Includes many of the popular line-dances (steppin'). Take these moves with you to any party, reception or even the club! Easy to learn and fun to do!

**SilverSneakers®Classic** - 30–45 min. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**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.

**Vibrant Vinyasa Yoga** - Vinyasa, because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. ... In vinyasa yoga, each movement is synchronized to a breath. This class will re-energize your body, mind and spirit. Great for beginners to intermediate participants.

**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.

**Vinyasa Flow 101** - Vinyasa Flow is the practice of yoga poses that flow together and are synchronized to a breath. This class will practice the fundamentals of flow. Great for the beginner to intermediate participant.

**Yoga Basics** - 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. Yoga can help reduce stress, improve circulation, build community connections and address challenges that result from chronic health conditions such as arthritis, heart disease, osteoporosis and fibromyalgia.

**Wendil's Kitchen Sink** - There is an old adage about traveling. It is often said that she packed everything but the kitchen sink and she probably would have brought that if it weren't attached. Expect 45 minutes of a jam-packed-don't-know-what-to-expect class. Come ready to move and ready to work. The class will combine cardio, weights, and functional fitness components served up in a boot-camp style. **In the absence of the instructor this class will not have a substitution offering.**

**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.

---

### **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.