



Group Fitness Classes

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

06:45
PM

PIYO®
Leanne
Portsmouth

Vibrant Vinyasa Yoga
Tina
Portsmouth

Class Descriptions

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.

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!

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!

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.

Biking with Bill - 45min. Join Bill Kirby for an indoor Cycling class that will challenge all levels of fitness from beginner to the advanced rider. This class meets in Studio B of the Portsmouth location.

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 out-doors.

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 you favorite music!

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!

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.)

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!

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

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.

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!**

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.

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.

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.

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.

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.

Wendi'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.

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.

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.

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.