



## Group Fitness Classes

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

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06:35 PM		<b>Body Blast</b> <b>Ginger</b> Wheelersburg		<b>Body Blast</b> <b>Ginger</b> Wheelersburg		
06:45 PM	<b>Hard-Core Tabata</b> <b>Shelly</b> Portsmouth		<b>Total Barre™ ( Starts</b> <b>January21, 2015 )</b> <b>Debbie</b> Portsmouth	<b>Tabata</b> <b>Leanne</b> Portsmouth		
07:00 PM	<b>Sun Down Ride</b> <b>Julie</b> Portsmouth		<b>Sun Down Ride</b> <b>Julie</b> Portsmouth			
08:15 PM	<b>Yoga</b> <b>Julie</b> 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.

**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.

**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.

**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.

**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.

**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.

**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.

**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!

**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.\*\*

**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!

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

**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.

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

**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.

**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.

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

**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.

**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®** - 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.

**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.

**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.

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### **Portsmouth LIFE Center**

1202 18th Street  
Portsmouth, Ohio 45662  
(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.

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### **Lucasville LIFE Center**

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

#### **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

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### **Wheelsburg LIFE Center**

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

#### **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.