Aquatic Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:45 AM		Tabata Waves Nancy Portsmouth		Tabata Waves Nancy Portsmouth		
10:00 AM	Arthritis Aquatics Susie Portsmouth		Arthritis Aquatics Susie Portsmouth		Arthritis Aquatics Susie Portsmouth	
10:15 AM						Toss UP -Tabata Waves Nancy Portsmouth
11:15 AM	Aqua Dynamics Cindy Portsmouth		Aqua Dynamics Cindy Portsmouth		Aqua Dynamics Cindy Portsmouth	
05:15 PM	Tabata Waves Tonja Portsmouth	H^2O Aerobics Tonja Portsmouth	Tabata Waves Tonja Portsmouth	H^2O Aerobics Tonja Portsmouth		
06:30 PM	Arthritis Aquatics Susie Portsmouth Aqua Kidz TBD Portsmouth	Arthritis Aquatics Susie Portsmouth		Arthritis Aquatics Susie Portsmouth		

Class Descriptions

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

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.

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.

H^2O Aerobics - 60 min. Beginner to intermediate levels High intensity water aerobic class combining cardiovascular and toning exercise with minimal impact on joints.

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 -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.

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.

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

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.