



# Aquatic Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:45 AM		<b>Tabata Waves</b> <b>Nancy</b> Portsmouth		<b>Tabata Waves</b> <b>Nancy</b> Portsmouth		
10:00 AM	<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth		<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth		<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth	
05:00 PM					<b>Family Lap Swim</b> <b>TBD</b> Portsmouth	
05:15 PM	<b>Tabata Waves</b> <b>GroupFitness</b> Portsmouth		<b>Tabata Waves</b> <b>GroupFitness</b> Portsmouth			
06:30 PM	<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth	<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth		<b>Arthritis Aquatics</b> <b>Susie</b> Portsmouth		
	<b>Aqua Kidz</b> <b>TBD</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.

**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.

**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.

**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.

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### 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

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### 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.