



CrossFit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30 AM	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	
08:00 AM	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	Open Gym CrossFit Instructor Portsmouth
09:00 AM						CrossFit CrossFit Instructor Portsmouth
10:00 AM						Open Gym CrossFit Instructor Portsmouth
12:00 PM	Open Gym CrossFit Instructor Portsmouth		Open Gym CrossFit Instructor Portsmouth			
04:00 PM		CrossFit CrossFit Instructor Portsmouth		CrossFit CrossFit Instructor Portsmouth	CrossFit CrossFit Instructor Portsmouth	
05:30 PM	CrossFit CrossFit Instructor Portsmouth	Competition Class GroupFitness Portsmouth	CrossFit CrossFit Instructor Portsmouth	Competition Class GroupFitness Portsmouth		
06:30 PM	CrossFit (Youth 10-13 Welcome) CrossFit Instructor Portsmouth	CrossFit Foundations for Beginners (Youth 10-13 are welcome) CrossFit Instructor Portsmouth	CrossFit (Youth 10-13 Welcome) CrossFit Instructor Portsmouth			

Class Descriptions

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.

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.**

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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.

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.**

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
Wheelsburg, 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.