



Portsmouth LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30 AM	Bootcamp Josh	Strong Slow Flow Yoga Barb	Bootcamp Josh	Strong Slow Flow Yoga Barb		
05:45 AM					Wendi's Kitchen Sink Wendi	
07:00 AM						Bootcamp Josh
09:00 AM	Fit-Mix Cindy		Fit-Mix Cindy		Yoga Basics Melissa	Vibrant Vinyasa Yoga Tina
09:35 AM		Kettlebell Lucas		Kettlebell Lucas		
10:00 AM	PiYO® Cindy		PiYO® Cindy			
12:30 PM	SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle	
01:00 PM		R & B Moves & Grooves Debbie		R & B Moves & Grooves Debbie		
02:00 PM		Gentle Yoga Tina		Gentle Yoga Tina		
04:00 PM	Functional Fusion™ Debbie	R.I.P.P.E.D. - One Stop Body Shock® Wendi	Functional Fusion™ Debbie			
05:00 PM				Zumba® Debbie		
05:15 PM	KidzFit for LIFE GroupFitness	Drum Fitness Cardio & Core Workout GroupFitness	Hip Hop Heat Shelly			
	Hip Hop Heat Shelly		KidzFit for LIFE GroupFitness			
05:45 PM				Biking with Bill GroupFitness		
06:05 PM		Kettlebell Lucas		Kettlebell Lucas		

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

06:45
PM

PIYO®
Leanne

Vibrant Vinyasa Yoga
Tina

Class Descriptions

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.

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!

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.

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.

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.

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

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!

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.

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!

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.

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.

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.

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.**

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.

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.