



# Portsmouth LIFE Center

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

06:45  
PM

PiYO® (Begins July 18,  
2017)  
Leanne

R.I.P.E.D. - One Stop  
Body Shock® PLUS  
Wendi

Yoga  
Tina

## Class Descriptions

**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.

**PiYO® (Begins July 18, 2017)** - 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.

**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 & 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!

**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.

**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!

**R.I.P.P.E.D. - One Stop Body Shock ® PLUS - R.I.P.P.E.D.® PLUS- (75 MIN)** A high energy workout that masterfully combines an easy, yet effective cardiovascular routines with weights and resistance. The "PLUS" format adds 30 minutes of Tabata to the workout. 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.

**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.**

**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®** - 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.

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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.