



Wheelersburg LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 AM	Beginner Dance Moves Michelle		Beginner Dance Moves Michelle		Beginner Dance Moves Michelle	
12:00 PM	Silver Sneakers® Michelle		Silver Sneakers® Michelle	Silver Sneakers® Michelle		
05:35 PM	Tabata Laura	Zumba® Ginger	Tabata Laura	Zumba® Ginger		
06:30 PM	Yoga Laura		Yoga Laura			
06:35 PM		Body Blast Ginger		Body Blast Ginger		

Class Descriptions

Beginner Dance Moves - This course is designed for the active, older population and de-conditioned beginners. It provides participants with a safe and effective total body workout. Get in shape with an easy to follow dance-exercise program to Latin and international dance rhythms. Wear exercise clothes and aerobic dance shoes. 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.

Tabata - 30/45 min. Tabata calls for 20 seconds of maximum intensity exercise on one muscle group followed by 10 seconds of rest, done 8 times without pausing for a total of 240 seconds or just 4 minutes. This class will complete multiple Tabatas in a 30/45 minute session targeting the whole body. Tabata is designed to be a brutal four minutes that takes the muscle group being worked to fatigue. You will feel the burn!**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.**

Body Blast - 60 min. This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. 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.

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.

Silver Sneakers® - 30–45 min. Designed for the senior participate. A low intensity class providing flexibility exercises for all joints and light toning exercises for major muscle groups. Most exercises are performed in a chair. Bring a towel and bottle of water with you to class.

Zumba® - 55 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.

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.