



Lucasville LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM	Silver Sneakers® Laura	Silver Sneakers® Laura		Silver Sneakers® Laura		
04:00 PM	Body Blast GroupFitness					
05:35 PM	Taboxing Wendi	Tabata Coleen		Tabata Coleen		
06:25 PM		Toning to the Tunes Coleen		Toning to the Tunes Coleen		

Class Descriptions

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.

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.

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.**

Taboxing - A combination of cardio boxing and Tabata fused together in one hot 60 minute session.

Toning to the Tunes - Body Sculpting with high energy dance moves! A total body experience!

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.