



# Lucasville LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM	SilverSneakers®Classic Laura	SilverSneakers®Classic Laura		SilverSneakers®Classic Laura		
11:30 AM		Gentle Yoga Laura		Gentle Yoga Laura		
05:35 PM	R.I.P.P.E.D. - One Stop Body Shock® PLUS Wendi	Body Blast Coleen		Intense FIT with CJ ( Begins 9/7/17) CJ		

## Class Descriptions

**Body Blast** - (30-40 min.)(This class offers a mix of cardio, toning and core. The class is based on the type of students who show up. That could mean just about anything!

**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.

**Intense FIT with CJ ( Begins 9/7/17)** - A full body workout with Intervals, cardio and body weight exercises. To strengthen, tone and enhance everybody!

**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.

---

### 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.