



Wheelersburg LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	Dance with Me Michelle		Dance With Me Michelle		Dance With Me Michelle	
11:00 AM	SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle	
05:35 PM	Barre Above™ Laura	Kick! Ginger	Barre Above™ Laura	Kick! Ginger		
06:35 PM	Vinyasa Flow 101 Laura	Body Express Ginger	Vinyasa Flow 101 Laura	Body Express Ginger		

Class Descriptions

Barre Above™ - 45 min.-Barre Above is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

Kick! - Beginner to intermediate exercisers. Combine kickboxing moves with exercises of cardio, balance, strength, flexibility and core in an interval format and you have **KICK!**

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.

Body Express - (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!

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.

Dance with Me - This program is a lite dance cardio workout. It features songs from the 60's, 70's, 80's, 90's and some current pop tunes on the radio. (40min.)

Vinyasa Flow 101 - Vinyasa Flow is the practice of yoga poses that flow together and are synchronized to a breath. This class will practice the fundamentals of flow. Great for the beginner to intermediate participant.

Portsmouth LIFE Center

1202 18th Street
Portsmouth, Ohio 45662
(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.

Lucasville LIFE Center

10617 U.S. Route 23
Lucasville, Ohio 45648
(740) 356-7566

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

Wheelsburg LIFE Center

8430 Hayport Road
Wheelersburg, Ohio 45694
(740) 356-7566

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.