



# 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.

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### Portsmouth LIFE Center

1202 18th Street  
Portsmouth, Ohio 45662  
(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.

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### Lucasville LIFE Center

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

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#### 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

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### Wheelsburg LIFE Center

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

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#### 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.