Wheelersburg LIFE Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM	Dance With Me Michelle		Dance With Me Michelle		Dance With Me Michelle	
12:00 PM	SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle		SilverSneakers®Classic Michelle	
05:35 PM	Tabata Laura	Kick! Ginger	Tabata Laura	Kick! Ginger		
06:35 PM	Yoga Laura	Body Express Ginger	Yoga Laura	Body Express Ginger		

Class Descriptions

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!

Dance With Me - 40 min. Dance with Me is a light dance cardio workout. It features songs from the 60's, 70's, 80's, and some current pop tunes on the radio. Class time is.

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.)

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!

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.

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.**

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.

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.