

# Group Fitness Classes

\* Earn one *All in to Win Prize Drawing* entry for every class attended (any location & YWCA Work Out Wednesdays).\*

Classes are available Monday – Thursday at the LiveWELL Office.

## LiveWELL Office

801 East Blvd  
Charlotte, NC 28203

For more information, email [LiveWELLEvents@AtriumHealth.org](mailto:LiveWELLEvents@AtriumHealth.org).

DAY	CLASS	TIME	FEE
Mondays	Kick Boxing	5:00 p.m. – 6:00 p.m.	Free to teammates Badge required
	Step Class	6:00 p.m. – 7:00 p.m.	
Tuesdays	R.I.P.P.E.D.	5:00 p.m. – 6:00 p.m.	Free to teammates Badge required
	Socacise	6:00 p.m. – 7:00 p.m.	
Wednesdays	Pure Strength	5:00 p.m. – 6:00 p.m.	Free to teammates Badge required
	PiYo	6:00 p.m. – 7:00 p.m.	
Thursdays	Barre	5:00 p.m. – 6:00 p.m.	Free to teammates Badge required
	Body Party (Dance)	6:00 p.m. – 7:00 p.m.	

# Group Fitness Classes

(Other Locations)

LiveWELL

Work | Eat | Learn | Live

Group Fitness classes are also available at other Atrium Health locations.

LOCATION	CLASS	DAY/TIME	FEE	MORE INFORMATION
<b>Airport Center, Building H</b> Large Room	Body Party (Dance)	Mondays 5:00 – 6:00 p.m.	Free to teammates	<a href="mailto:LiveWELLEvents@AtriumHealth.org">LiveWELLEvents@AtriumHealth.org</a>
<b>Airport Center, Building P</b> Conference Room 8	Yoga	Wednesdays 5:30 – 6:30 p.m.	Free to teammates	Kristy Arrowood 980-487-3659 <a href="mailto:Kristy.Arrowood@AtriumHealth.org">Kristy.Arrowood@AtriumHealth.org</a>
<b>Atrium Health Cleveland</b> T.R. Harris Wellness Center 201 E. Grover St Shelby, NC	Mixed Fit REFIT Tai Chi Yoga	Mon-Thurs 5:30 a.m. – 8:00 p.m. Fridays 5:30 a.m. – 5:00 p.m.	Free to teammates and immediate family members (16 years+)	980-487-3659
<b>Atrium Health Lincoln</b> 433 McAlister Road Lincolnton, NC 28092	Yoga	Wednesdays 5:15 – 6:15 p.m. MOB #1 Oak Room	Free to teammates	Kevin Johnson 980-212-1351
<b>CHS NorthEast Wellness Center</b> 1090 NE Gateway Court, Suite 102 Concord, NC 28025	Visit the <a href="#">LiveWELL Fitness</a> page for the CHS NorthEast Fitness Calendar.	<b>Wellness Center Hours</b> Mon-Thurs 5:30 a.m. – 8:00 p.m. Friday 5:30 a.m. – 7 p.m. Saturday 8:00 a.m. – 12 Noon	\$5 drop-in fee for classes  \$10 to join Wellness Center	704-403-9250
<b>CHS NorthEast</b> College of Health & Sciences (Basement)	Zumba  Zumba	Mondays 5:30 - 6:30 p.m.  Wednesdays 5:30 – 6:30 p.m.	Free to teammates	Suzanne Bird 704-403-1711
<b>YWCA</b> 3420 Park Road Charlotte, NC 28209	Work Out Wednesdays	Check YWCA website for class listings and times. Child care available for a nominal fee.	Free to teammates	<a href="http://www.ywcacentralcarolinas.org">www.ywcacentralcarolinas.org</a> No call necessary. Teammates show badge.