

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.

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
CHS NorthEast Wellness Center 1090 NE Gateway Court, Suite 102 Concord, NC 28025	Visit the LiveWELL Fitness page for the CHS NorthEast Fitness Calendar.	Wellness Center Hours 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
CHS NorthEast College of Health & Sciences (Basement)	Zumba	Mondays 5:30 - 6:30 p.m.	Free to teammates	Suzanne Bird 704-403-1711
	Zumba	Wednesdays 5:30 – 6:30 p.m.		
CHS Lincoln 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
YWCA 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	www.ywcacentralcarolinas.org No call necessary. Teammates show badge.
Airport Center, Building H Large Room	Body Party (Dance)	Mondays 5:00 – 6:00 p.m.	Free to teammates	LiveWELLEvents@AtriumHealth.org
Airport Center, Building P Conference Room 8	Yoga	Wednesdays 5:30 – 6:30 p.m.	Free to teammates	Kristy Arrowood 980-487-3659 Kristy.Arrowood@AtriumHealth.org