

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
	Zumba	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
Airport Center, Building P Conference Room 8	Yoga	Wednesdays 5:30 – 6:30 p.m.	Free to teammates	LiveWELLEvents@AtriumHealth.org
Atrium Health Cleveland 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+)	Kristy Arrowood 980-487-3659 Kristy.Arrowood@AtriumHealth.org
Atrium Health Kings Mountain Community Room 706 W. King St. Kings Mountain, NC 28086	REFIT Mixed Fit	Tuesdays 5:30 p.m. – 6:30 p.m. Thursdays 5:30 p.m. – 6:30 p.m.	Free to teammates	Kristy Arrowood 980-487-3659 Kristy.Arrowood@AtriumHealth.org
Atrium Health Lincoln MOB #1 Oak Room 433 McAlister Road Lincolnton, NC 28092	Yoga	Wednesdays 5:15 – 6:15 p.m.	Free to teammates	Kevin Johnson 980-212-1351
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 Zumba	Mondays 5:30 - 6:30 p.m. Wednesdays 5:30 – 6:30 p.m.	Free to teammates	Suzanne Bird 704-403-1711
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.