

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 – Wednesday 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. | |

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 |
| Atrium Health Cabarrus Wellness Center 1090 NE Gateway Court, Suite 102 Concord, NC 28025 | Visit the LiveWELL Fitness page for the Atrium Health Cabarrus 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 |
| Atrium Health Cabarrus College of Health & Sciences (Basement) | Zumba | Mondays 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. |