

SUMMER 2024 GROUP FITNESS CLASS SCHEDULE

EGG HARBOR TOWNSHIP

Effective July 30th, 2024 - Instructor substitutions may be made without prior notice.



(6 0 9) 6 7 7 - L I F E

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	6:00am CYCLING KeKe	6:00am Cardio Kickboxing Leah		6:00am CYCLING KeKe	6:00am CYCLING Steve B.	7:00am CYCLING Eddy	
7:00	8:00am Yoga Steve	7:00am CYCLING Eddy	8:00am Yoga Lily	8:00am Qi Gong Paul	8:00am Yoga Steve	8:00am Cardio/Barre/Sculpt Kim V.	
8:30		8:30am Cardio Pilates Renee		8:30am Cardio Challenge Grace			8:30am Step Kim V.
9:00	9:00am CYCLING Conrad	9:00am CYCLING KeKe	9:00am CYCLING Conrad	9:00am CYCLING Ronni	9:00am CYCLING Shaun	9:00am CYCLING Shaun	9:00am CYCLING Conrad
9:00	9:00am Tabata H2O Sharon	9:00am Aqua Intervals Sharon	9:00am Aqua Bootcamp Sharon	9:00am Tabata H2O Sharon	9:00am AquaBox Sharon	9:00am Yoga Lily	
9:30	9:30am Step / Sculpt Lu	9:30am Rhythm Fit Dance Louise	9:30am Kickbox Fusion Renee	9:30am ZUMBA Louise	9:30am Cardio Sculpt Lu	9:00am Melissa's Splash Melissa	9:30am ZUMBA Veronica
10:00	10:00am Aquatic Circuits Sharon	10:30am Cardio Challenge Grace		10:30am Arthritis AquaPlus Lynn	10:30am Senior Cardio Light Lu		10:30am Restorative Yoga Steve
10:30		10:30am Arthritis AquaPlus Lynn	10:30am ZUMBA Arlin	10:30am Cardio Challenge Steve B.			
10:30	10:30am Tai Chi Rosemary	10:30am Tai Chi Rosemary			10:30am Tai Chi Suzanne		
11:30	11:30am Abs for Women Lynn	11:30am Arthritis AquaBasic Lynn	11:30am Weights for Women Lynn	11:30am Arthritis AquaBasic Lynn		2:30pm-5:00pm Swim School	
11:30	12:45pm Arthritis Land Lynn/Sharon	11:30am Yoga Kay		11:30am Yoga Kay	11:30am Yoga Nataliya	Key BOLD = Time change or New Class! White/No Shade = Aerobics Studio Light Shade = Mind & Body Studio Black = Aerobic Pool All classes are 55 minutes Group PT classes are 45 minutes All Water Classes are held in the Aerobic Pool Arthritis AquaBasic and Mommy and Me classes held in warm water pool Are you interested in taking group fitness classes but need some guidance in getting started? Contact Jodi Piereth for assistance: jpiereth@atlanticare.org or 609.407.2261	
	3:30pm-5:00pm Swim School	3:30pm-5:00pm Swim School	3:00pm-5:00pm Swim School		3:30pm-5:00pm Swim School		
5:00	5:00pm 30/30 Kim V.		5:00pm B ARBELL BODY Kim V.	5:00pm PIYO Kim V.			
5:30		5:30pm All Levels Yoga Cathy	5:30pm All Levels Yoga Becca	5:30pm Yoga Nataliya			
5:30	5:30pm CYCLING Shaun	5:30pm CYCLING Eddy	5:30pm CYCLING Eddy	5:30pm CYCLING Conrad	5:30pm CYCLING Eddy		
5:30		5:30pm Cardio/Barre/Sculpt Kim V.		6:00pm ZUMBA Veronica			
6:00							
6:30							



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AtlantiCare LifeCenter 2500 English Creek Avenue Building 250 Egg Harbor Township NJ 08234 609.677.LIFE (5433)

GROUP PERSONAL TRAINING

SUMMER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am H.I.I.T Kelli		6:00am H.I.I.T Carlee	6:00am H.I.I.T Carlee	6:00am Bodysculpt Carlee		
9:00am H.I.I.T Liam	9:00am H.I.I.T Carlee	9:00am H.I.I.T Nicole	9:00am H.I.I.T Carlee	9:00am Bodysculpt/Abs Carlee	9:00am H.I.I.T Ramish	9:00am H.I.I.T Ramish
	10:30am Muscles & More Frieda	10:30am Functional Fitness Kelli	10:30am Muscles & More Frieda			
4:00pm Fat Burner Keith	4:00pm Kettlebells Keith	4:00pm Ultimate Abs Keith	4:00pm Kettlebells Keith	4:00pm H.I.I.T Keith		
5:00pm H.I.I.T Liam	5:00pm H.I.I.T Kelli					

SHARE THE HEALTH

Refer a friend to the LifeCenter and receive a **FREE MONTH!** See the Guest Services Desk for more details!

LIFECENTER H.I.I.T CLASSES

Did you know?

The LifeCenter offers **FREE High Intensity Interval Training Classes** multiple times per day!

H.I.I.T. classes offer resistance and cardiovascular training all in one 45 minute super workout!

NOURISH 360

Introducing a new and exciting way to lose weight, drop inches, reduce blood pressure, body fat and more in our 8 week comprehensive individualized program

- 1 Personal training session per week
- Nutrition & Metabolic Assessment
- Bi-weekly nutritional counseling & education
- Pre and post fitness evaluations
- Meal planning assistance with smart goals
- Fee-based for both members & non-members

MEDITATION CLASS

Learn relaxation and mindfulness techniques with Maribel, an AtlantiCare Wellness Specialist certified in Mindfulness Based Stress Reduction. This 30 minute class focuses on meditations that can help ground the body, quiet the mind and balance the soul.

Join Maribel the 2nd Tuesday of each month at 8:30am (ground floor conference room). Mats encouraged but not required.

For more information regarding programs at the LifeCenter, please call 609.677.5433



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