

SPRING 2025 GROUP FITNESS CLASS SCHEDULE

EGG HARBOR TOWNSHIP

Effective March 15th, 2025 - Instructor substitutions may be made without prior notice.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	6:00am CYCLING KeKe	6:00am Cardio Kickboxing Leah		6:00am CYCLING KeKe				
7:00 8:00	8:00am Yoga Steve	7:00am CYCLING Eddy	8:00am Yoga Lily	8:00am Qi Gong Paul	7:00am CYCLING Steve B.	7:00am CYCLING Eddy		
8:00 8:30		8:30am Jazzercise Renee		8:30am Cardio Barre Grace	8:00am Yoga Steve	8:00am Cardio/Barre/Sculpt Kim V.	8:30am Step Kim V.	
9:00	9:00am CYCLING Conrad	9:00am CYCLING KeKe	9:00am CYCLING Conrad	9:00am CYCLING KeKe	9:00am CYCLING Shaun	9:00am CYCLING Shaun	9:00am CYCLING Conrad	
9:00 9:30	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 10:30	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	9:30am Aqua Blast Donna	9:30am ZUMBA Veronica	
10:00 10:30	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				
11:30 12:45	12:45pm Arthritis Land Lynn/Sharon	11:30am Yoga Lily			11:30am Yoga Nataliya	<h3 style="text-align: center;">Key</h3> <p>BOLD = Time change or New Class!</p> <p>White/No Shade = Aerobics Studio Light Shade = Mind & Body Studio Black = Aerobic Pool</p> <p>All classes are 55 minutes Group PT classes are 45 minutes</p> <p>All Water Classes are held in the Aerobic Pool Arthritis AquaBasic and Mommy and Me classes held in warm water pool</p> <p>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</p>		
5:00	5:00pm 30/30 Kim V.		5:00pm B ARBELL ODY Kim V.	5:00pm PIYO Kim V.				
5:30		5:30pm All Levels Yoga Cathy	5:30pm All Levels Yoga Nataliya	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 6:00 6:30		5:30pm Cardio/Barre/Sculpt Kim V.		6:00pm ZUMBA Veronica				



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

GROUP PERSONAL TRAINING

SPRING 2025

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 Kelli	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 Kelli
	10:30am Muscles & More Frieda		10:30am Muscles & More Frieda			
4:00pm Fat Burner Keith	4:00pm Kettlebells Keith	4:00pm H.I.I.T Kelli	4:00pm Kettlebells Keith	4:00pm H.I.I.T Paul		
5:00pm H.I.I.T Paul	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

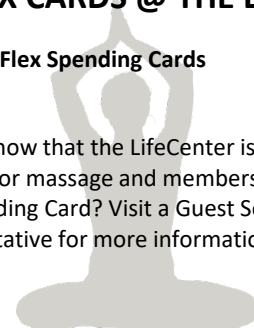
Introducing a new and exciting way to lose weight, drop inches, reduce blood pressure, body fat and more in our 8 week comprehensive individualized program

- 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

FLEX CARDS @ THE LC

Flex Spending Cards

Did you know that the LifeCenter is an approved provider for massage and membership on your Flex Spending Card? Visit a Guest Services Representative for more information.



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



2500 English Creek Avenue Building 250
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