



Employee Fitness
781 Spring St, 2nd floor
Macon, GA
(Navicent Lofts)

Open 24/7 with membership scan card & hospital badge
ENTRY ONLY FROM 2ND FLOOR
OFF YELLOW DECK

The Wellness Center
3797 Northside Drive, Macon, GA
478-477-2300

Wellness Center Hours of Operation:

Mon-Thurs 4:45am - 9:00pm//Friday 4:45am - 8:00pm
Saturday 7:00am - 6:00pm//Sunday 10:00am - 6:00pm

NH Employee Membership

Your Employee Membership is only \$21.68 / payroll deducted per month and includes both Employee Fitness and The Wellness Center. Registration fee is waived for employees. \$25 enhancement fee is charged one time each year.

Employee Fitness (2nd floor Navicent Loft)

- 24 hour access
- Fitness on Demand group fitness programming
- Showers with towel service
- Shower amenities
- No guests—Employee and spouse members only
- Parking in designated employee area and surface parking across from Lofts
- THERE IS NO PARKING AT FACILITY
- No children
- Massages available by appointment—478-633-8509
- Personal Training available by appointment—478-633-8513
- Must badge in to enter facility and scan in with Wellness scan card to be eligible for incentive benefits.
- Application forms available at website and outside of Employee Fitness site. Forms must be sent to the Wellness Center location via scan, mail or in-person
- Email : employeefitness@navicenthealth.org with questions

The Wellness Center

- Individualized Fitness Program
- Unlimited use of Fitness Equipment
- Unlimited Attendance of Group Fitness Classes
- Shower with towel service
- Free Childcare-1-hour limit —Member only—reservation required

Fitness Activities

- 50+ Group Fitness Classes per week
- Indoor Track
- Free Weights
- Strength Training Machines
- Computerized Bicycles
- Rowing Machines
- Computerized Stair Machines
- Elliptical Cross Trainers
- Treadmills
- Indoor Heated Pool-Aqua Fitness Classes & reservation only lap swimming

Locker Room Facilities

- Men's & Women's Locker Rooms
- Showers
- Dry Sauna-OUT OF SERVICE DURING COVID OPERATIONS
- Towel Service
- Hair Dryers

Guests—(Wellness Center only)

NO GUESTS allowed at Employee Fitness (PHOTO ID and waiver required)
\$10 per visit.
\$50 Fitness Pass available for 6 visits

Find us on Facebook—Wellness Center Navicent Health
[www.navicenthealth.org/wellness center](http://www.navicenthealth.org/wellness-center)—for group fitness schedule or other information
Instagram: WellnessCenterNavicent
478-477-2300

See YouTube: *Wellness Center Navicent Health for virtual tour*
And Employee Fitness video tour