

Employee Fitness
781 Spring St, 2nd floor
Macon, GA
(Navicent Lofts)
Open 24/7

**ENTRY ONLY FROM 2ND FLOOR OFF OF
YELLOW PARKING 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

Atrium Health Navicent 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 each year, usually in March.

Employee Fitness (2nd floor Navicent Lofts)

- 24/7 access
- Free Individualized Fitness Program— Assessment and Beginner Circuit)
- Fitness on Demand group fitness programming— over 300 classes
- Showers with towel service
- Shower amenities
- No guests—members and loft tenants 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 at Wellness Ctr location
- Personal Training available by appointment— 478-633-8513 at either location
- Membership scan card allows entrance and sign in all in one
- Application forms available at website homepage and outside of Employee Fitness site. Forms must be sent to the Wellness Center location via scan, mail or in-person, OR put in DROP BOX at Employee Fitness.

The Wellness Center

- Free Individualized Fitness Program— Assessment and Beginner Circuit
- Unlimited use of Fitness Equipment
- Unlimited Attendance of Group Fitness Classes
- Showers with towel service
- Free Childcare for members-limited hours

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
- Boot Camps, and Personal Training

Locker Room Facilities

- Men's & Women's Locker Rooms
- Showers
- Dry Sauna
- Towel Service
- Hair Dryers

Guests—(Wellness Center only)
(PHOTO ID and waiver required)

\$10 per visit.

\$50 Fitness Pass available for 6 visits

⇒ NO GUESTS allowed at Employee Fitness

Find us on Facebook—Atrium Health Navicent Wellness Center
www.navicenthealth.org/wellness-center—for group fitness schedule , virtual tours of Employee Fitness & The Wellness Center and other information

Instagram: [WellnessCenterAtrium_Macon](https://www.instagram.com/WellnessCenterAtrium_Macon)

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Questions? EmployeeFitnessMacon@atriumhealth.org with questions