



## Good Health & Fitness Start Here

We are your 1-stop shop for everything fitness including a pool, indoor track, showers and over 50 group fitness classes each week. Each membership (\$45/month) includes a health & fitness orientation program (Smart Start) tailored to your individual needs. This is included with your \$75 registration fee. There is a \$25 ENHANCEMENT fee charged annually for new, upgraded and additional gym and fitness equipment. All members, including our SilverSneakers members must pay this fee every year.

### **Memberships**

#### **Membership includes:**

- Individualized Fitness Program
- Unlimited use of Fitness Equipment
- Unlimited Attendance of over 80 Group Fitness Classes per week, except fee classes
- Free Towel Service
- Free Childcare-1 hr max—members only, reservations required

#### **Senior Rate/Military**

Members 60 and over—20% off membership

#### **Corporate Rate**

Special Corporate rates are available for both small and large businesses.

#### **Prepayment Rate**

5% discount for prepayment of annual fees

#### **Family Rates**

- Additional Family Members in household—20% off of the regular \$45 rate
- Total registration Fee—\$125—same household

#### **Guests—**

(PHOTO ID and waiver required)

\$10 per visit.

\$50 Fitness Pass available for 6 visits.

### **Facilities**

#### **Fitness Activities**

- 50+ Group Fitness Classes per week
- Indoor Walking/Jogging Track
- Free Weights
- Strength Training Machines
- Computerized Bicycles
- Computerized Rowing Machines
- Computerized Stair Machines
- Elliptical Cross Trainers
- Treadmills
- Swimming Pool-reservations required
- Cycle Classes
- Aqua Fitness Classes
- Zumba
- Yoga and many more

#### **Locker Room Facilities**

- Men's & Women's Locker Rooms
- Permanent & Day Lockers Available
- Showers
- Towel Service

#### **Find us on Facebook:**

**Wellness Center Navicent Health**

**[www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)**

**Instagram: WellnessCenterNavicent**

**YouTube: Wellness Center Navicent Health—  
for full virtual tour**

**478-477-2300**

**Email us: [WellnessService@NavicentHealth.org](mailto:WellnessService@NavicentHealth.org)**

**SOME PROGRAMS & SERVICES NOT AVAILABLE DURING COVID-19 PANDEMIC.**

#### **Current Gym Hours of Operation:**

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

March 2021



## Atrium Health

Navicent Health is now Atrium Health Navicent

Wellness Center, Navicent Health  
3797 Northside Drive  
Macon GA 31210 \* 478-477-2300 \* [www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)  
Email us: [WellnessService@NavicentHealth.org](mailto:WellnessService@NavicentHealth.org)

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### Services

#### Personal Training—478-633-8504 OR 8513

- Individual & Small Group Personal Training and HEAT (High Energy Active Training)
- Multiple packages to meet your needs
- Degreed Personal Trainers

#### Group Fitness

- Group Fitness for all fitness levels
- 50+ Classes per week
- Aqua Classes, Cycle, Zumba, Yoga, Abs and more

#### Massage Therapy 478.757-7808

- Gift Certificates available
- Massages tailored to your needs

**Child Care**—FREE childcare - 1 hour limit—members only— registration required.  
Ages 2-8 years. See flyer for information

### Senior Programs

#### SilverSneakers®

#### Renew Active

- Members receive a FREE monthly membership through approved supplemental Insurance
- \$25 annual enhancement fee required
- Group Fitness Classes specifically for Senior adults

### Corporate Wellness

#### Corporate Wellness

- Onsite services to meet your needs
- Lunch N Learns
- Group Fitness Classes
- Health Assessments
- Health Screenings



Wellness Center



**WellnessCenter**  
*NavicentHealth*



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