



Wellness Center

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 or other insurance supplement memberships must pay this fee every year.

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

Memberships

Membership includes:

- Individualized Fitness Program
- Unlimited use of Fitness Equipment
- Unlimited Attendance of 50+ Group Fitness Classes per week, except fee based classes
- Free Towel Service
- Free Childcare-limited times during COVID

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 for most membership pa

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
- Indoor, heated swimming pool-reservations required through member portal on website
- 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:

Atrium Health Navicent Wellness Center
www.navicenthealth.org/wellnesscenter

Instagram: WellnessCenterNavicent

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

478-477-2300

Email us: WellnessServiceMacon@AtriumHealth.org



See website for all
GROUP FITNESS
classes

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

Atrium Health

Navicent Health is now Atrium Health Navicent

Wellness Center
3797 Northside Drive
Macon GA 31210 * 478-477-2300 * www.navicenthealth.org/wellnesscenter
Email us: WellnessServiceMacon@AtriumHealth.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 and Reflexology

478.757-7808

- Gift Certificates available
- Tailored to your needs

Child Care—FREE childcare (limited hours)

Senior Programs

SilverSneakers®

Renew Active

- 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



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