



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T. (Must Sign up) Fee Class - Catalina		H.E.A.T. (Must Sign up) Fee Class - Catalina		H.E.A.T. (Must Sign up) Fee Class - Catalina	8:00 AM Zumba Room 1 - Various
		Core & More Room 2 - Peggy		Circuit Mash-up Room 2 - Peggy		9:00 AM Fit Happens Room 2 - Staff -1 hour
5:45 AM		Group Cycle Cycle Studio- Suni		MOi Cycle Cycle Studio-Suni		
6:30 AM			Hump Day, Stretched & Strong Room 1 - Miriam			9:30 AM Aqua Kick Pool-Miriam
7:30 AM	Flexible Strength Room 1 - Miriam			Flexible Strength Room 1 - Miriam		10:15 AM Yoga Room 2 - various
8:30 AM		Yoga Room 1 - Staff	Pilates Room 1 - Maya	Fit Camp PLUS Room 2 - Peggy	Yoga Room 2 - Lisa S.	11:30am-1:30pm Family Swim for Members Only - see front desk
		Group Cycle Cycle Studio-Maya	If you are new to cycle, please come 10 minutes early for bike set up	MOi Cycle (55min.class) Cycle Studio-Maya	Group Cycle Cycle Studio - Dorothy	Sunday
8:45 AM	Fit Camp 30 (30 minutes) Room 1 - Peggy	No lap swim or pool activities during Aqua classes or 10 min before Aqua classes to allow for setup. We will close 3 lanes 30 min before Aqua Stand Up classes for setup. Two lanes are available for lap swim during Aqua Stand Up classes only.				2:30 PM Group Cycle Cycle Studio - Dorothy
9:00 AM	Group Cycle Cycle Studio - Dorothy		Group Cycle Cycle Studio - Adam	Aqua Fitness Pool -Miriam	Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information	3:30 PM Zumba Room 2 - Carol
	Aqua Fitness Pool - Miriam		No Aqua Fitness			4:30 PM Aqua Stand Up (check flyers) FEE for non-members Yoga Room 1 - Various
9:30 AM	Yoga Strength Room 2 - Lisa S	Cardio Strength Room 2 - Allison	R.I.P.P.E.D. Room 2 - Robin - 55 min	Yoga Room 1 - Jessica	Fearless Friday Room 2 - Peggy - Dec & Jan	<p>Find up to date programming and events on Facebook - Wellness Center</p> <p>Note all gym signage for changes/additions to classes or for specialty programming.</p> <p>RED indicates new class or change</p> <p>SilverSneakers classes in PURPLE</p> <p>FEE CLASSES highlighted in GREEN - see front desk</p> <p>30 minute classes highlighted in yellow. Try 1 for a quick workout or tag 1 onto another class</p> <p>Child's Play: Limit Child's Play to 2 hours per day</p> <p>Mon - Thurs: 8:15am - 1:00pm; 4:00pm - 8:00pm</p> <p>Friday 8:15am - 1:00pm; 4:00pm - 7:00pm</p> <p>Saturday 8:45am - 1:00pm</p> <p>NO SUNDAY CHILDCARE</p> <p> See our NEW Video Tour on YouTube: Wellness Center Navicent Health</p>
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda			
11:00 AM		SilverSneakers® Stability Room 2 - Wanda		SilverSneakers® Stability Room 2 - Winnie	SilverSneakers® CardioFit Room 2 - Wanda	
11:30 AM	SilverSneakers® Classic Room 2 - Brenda		SilverSneakers® Circuit Room 2 - Robin		SilverSneakers® Splash (in the pool) Pool- Miriam	
12 NOON		SilverSneakers® Yoga Room 2 - Sandra		SilverSneakers® Yoga Room 2 - Sandra	SilverSneakers® Circuit Room 2 - Robin	
12:30 PM	SilverSneakers® Circuit Room 2 - Sandra		SilverSneakers® Classic Room 2 - Sandra			
1:00 PM					Clogging Guest instructor - Elaine - Room 1	
1:30 PM		Zumba Light Room 2 - Paula		Zumba Light Room 2 - Paula		
2:30 PM		TAI CHI (30 min) Room 2 - Sandra		TAI CHI (30 min) Room 2 - Paula		
EVENING CLASSES						
4:30 PM					Restorative Yoga Room 1 - Jessica	
5:15 PM				Pilates Education Room - Irene		
5:30 PM	Sports Conditioning Room 2 - Dwight	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2 - Cheryl	Meditation & Mindfulness Continues! Jan. 7, 14, 21, 28 Tuesdays, 9:30AM in the Racquetball Court 30 minute class	
	P90X Room 1 - Peggy, - 1 hour					
6:00 PM		H.E.A.T. (Must Sign up) Fee Class - Matthew		H.E.A.T. (Must Sign up) Fee Class - Matthew		
	Group Cycle Cycle studio - Adam	Revolution Cycle Cycle Studio - Laurie	Bolly X Room 1-various	Revolution Cycle Cycle Studio - Laurie		
		Cardio PLUS Room 1 - Cheryl / Heather	Yoga 4 Dudes Education Room - Various	Aqua Strength & Abs Pool - Miriam		
6:15 PM	Aqua Zumba Pool - Carol	PUMP Room 2 - Brenda	Aqua Zumba Pool - Carol	Yoga Flow Education Room - Carol		
	Gentle Vinyasa Yoga Education Room - Wanda	Yoga Flow No class 1st Tues of month Education Room - Carol		Step Fitness Room 2 - Cheryl		
6:30 PM	ZUMBA Room 2 - Megan (55 min)	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio			
	HIIT - The Basics (6:40pm) Room 1 - Brian		HIIT - 30 minutes Room 2 - Brian			

All Classes are 45-55 minutes unless otherwise noted.

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

All classes/instructors subject to change.

3797 Northside Drive, Macon GA
478-477-2300
Facebook: Wellness Center Navicent Health
www.navicenthealth.org/wellnesscenter
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