

## Group Fitness Schedule New Year 2020 (Revised 3-1-2020)

The Composition of the Composi	Min	AMILIA.	Navicen	tHealth	New Year	<b>ZUZU</b> (Revised 3-	-1-2020)
The Company of the Co			Tuesday	Wednesday	Thursday	Friday	Saturday
PUNP FUND CORE & More State Comment of the Comment	5:30 AM						8:00 AM Zumba
Group Cycle   Month of the property of the p		PUMP temporary class		Quick & Dirty 30 temporary class	•	Hurricane temporary class	9:00 AM Fit Happens-
Recipion	5:45 AM	Room 2 - Laurie	Group Cycle	Room 2 - Peggy	MOi Cycle	Room 2 - Suzanne	Room 2 - dass varies
Probability	6:30 AM		Cycle Studio- Suni	& Strong	Cycle Studio-Suni		Aqua Kick
Conjuncy Cycle   Conj	7:30 AM						Yoga
Section   Sect	8:30 AM	Group Cycle			Fit Camp PLUS		11:30am-1:30pm Family Swim for Members Only -
Page		Systematic Section, NEW Time	Group Cycle	If you are new to cycle, please	MOi Cycle (55min.class)	Group Cycle	
Service Control Contro	8:45 AM	(30 minutes)		come early for bike set up		No lap swim or pool activities <u>during</u> Aqua	. ,
Aqua Fitness Tot Green  Page 2 Strength Total Stren	9:00 AM	Room 1 - Peggy	lobby for our			Aqua classes to allow for setup. We will close 3	3:30 PM Zumba
9.30 AM  Yogs Strength  Total Color Strength			happen throughout the year,	Cycle Studio - Adam	Poor -ivialunew	Stand Up classes for	4:30 PM Aqua Stand Up (check flyers)
9-30 AM   Yoga Strength   Rile   Yoga   Stop & Abs + near   Stop & Stop & Abs + near   Stop & Abs + near		Pool - Miriam	(HEAT classes) Aqua Stand Up and much			lap swim during Aqua	Yoga
Aqua Fitness   Aqua	9:30 AM					-	Find up to date
SilverSneakers®   SilverSnea		Room 2 - Lisa S	Aqua Fitness	Aqua Fitness	Room 1 - Jessica	Aqua Fitness	Facebook - Wellness Center  Note all gym signage for
SilverSneakers®   SilverSnea	10:30 AM	CardioFit	Pool -lesha	SilverSneakers®  CardioFit		Pool -Kelsie	for specialty programming.  RED indicates new class or
11:30 PM   SurverSmeaker#®   Circuit   Room 2: Room   Part   Room 2: Room   Part   R	11:00 AM		Stability			CardioFit	Ĭ.
12:30 PM   SilverSneakers®   Yoga   SilverSneakers®   Yoga   SilverSneakers®   Yoga   Circuit   SilverSneakers®   Yoga   SilverSneakers®   SilverSn	11:30 AM		Room 2 - Wanda		Room 2 -	SilverSneakers®Splash (in	Agua classes
12:30 PM   Live Schedule Now on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Schedule tab on Facebook (Desktop version only) - Clogging   Click on Facebook (Desktop version only) - Clogging   Click on Facebook (Desktop version on Facebook (Desktop version only) - Clogging   Click on Facebook (Desktop version only) - Click on Facebook (Desktop version only) - Click on Facebook (Desktop version only) - Clogging   Click on Facebook (Desktop version only) - Click on Facebook (Desktop versi	12 NOON	Room 2 - Brenda	Yoga		Yoga	Pool- Miriam SilverSneakers® Circuit	FEE CLASSES highlighted
Live Schedule Now on Facebook (Desktop version only) - click on Schedule tab on Facebook  Zumba Light  Room 2. Paula  Room 1. Jessea  Restorative Yoga  Room 1. Jessea  Restorative Yoga  Room 1. Jessea  Room 1. Jessea  S.15am 1.00pm; 4.00pm 8.00pm  Firlday  S.15am 1.00pm; 4.00pm 8.00pm  Room 2. Paula  Room 2. Paula  Room 2. Paula  Room 1. Jessea	12:30 PM	Circuit	Noon 2 - Sanua		ROUTE 2 - Satisfa	Noon 2 = Noon	
2:30 PM Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Paula Room 2 - Paula Room 1 - Paula Room 2 - Pau	1:00 PM	Room 2 - Sandra		Now on Facebook (Deskto			highlighted in yellow. Try 1 for a quick workout or
### TAI CHI (30 min)   Room 2 - Sandra   Room 2 - Sandra	1:30 PM						
### EVENING CLASSES    Foom 1 - Value   Food   Food	2:30 PM		TAI CHI (30 min)		TAI CHI (30 min)		Limit Child's Play
S:15 PM  Sports Conditioning Recom 2 - Devicit P90X Room 1 - Pegapy - 1 hour Revolution Cycle Cycle studio - Adam Revolution Cycle Sudio - Laurie Revolution Cycle Cycle Studio - Laurie Room 1 - Cherryl Heather Room 1 - Cherryl Heather Room 2 - Devicit Revolution Cycle Cycle Studio - Adam Revolution Cycle Cycle Studio - Laurie Room 1 - Cherryl Heather Room 2 - Devicit Revolution Cycle Cycle Studio - Main Room 1 - Cherryl Heather Revolution Cycle Cycle Studio - Laurie Room 1 - Cherryl Heather Revolution Cycle Cycle Studio - Main Room 1 - Cherryl Heather Revolution Cycle Cycle Studio - Laurie Room 1 - Cherryl Heather Room 2 - Devicit Room 1 - Cherryl Heather Revolution Cycle Cycle Studio - Laurie Room 1 - Cherryl Heather Room 2 - Brenda Room 2 - Brenda Room 3 - Carol Room 4 - Carol Room 4 - Carol Room 5 - Gerod Room 6 - Carol Room 6 - Carol Room 7 - Carol Room 7 - Carol Room 7 - Carol Room 8 - Carol Room 8 - Carol Room 8 - Carol Room 9 - Carol Room 1 - Carol Room 1 - Cherryl Heather Room 1 - Cherryl Heather Room 1 - Cherryl Heather Room 2 - Brenda Room 2 - Cheryl Room 3 - Cheryl Room 4 - Carol Room 6 - Carol Room 6 - Carol Room 7 - Cheryl Room 7 - Cherryl Room 8 - Cherryl Room 8 - Carol Room 8 - Carol Room 8 - Carol Room 1 - Carol Roo	4:20 DM		Room 2 - Sandra	EVENING CLASSES	Room 2 - Paula		Mon - Thurs:
5:30 PM Sports Conditioning 30 Minute Abs Hard Bodies Barre Above  Room 2 - Dwight P90 X  Room 1 - Peggy, - 1 hour  Group Cycle Cycle studio - Adam Fee Class - Matthew  Revolution Cycle Cycle studio - Laurie  Revolution Cycle Cycle Studio - Laurie  Revolution Cycle Cycle Studio - Laurie  Room 1 - Cheryl (Heather)  Room 2 - Dwight  Revolution Cycle Cycle Studio - Laurie  Revolution Cycle Cycle Studio - Laurie  Room 1 - Cheryl (Heather)  Room 1 - Cheryl (Heather)  Room 2 - Cheryl  Room 3 - Cheryl  Meditation & Mindfulness Teacher is traveling to India - this class will return in April.  Meditation & Mindfulness Teacher is traveling to India - this class will return in April.  Meditation & Mindfulness Teacher is traveling to India - this class will return in April.  Mindfulness  Teacher is traveling to India - this class will return in April.  All Classes are 45-55 minutes unless otherwise noted.  Gym Hours of Operation:  Mon-Thurs 4:45am - 9:00pm Saturday 7:00am - 6:00pm Saturd						_	4:00pm - 8:00pm <b>Friday</b>
Sports Conditioning Room 2 - Dwight Room 3 - Dwight Room 4 - Dwight Room 2 - Dwight Room 1 - Peggy, - 1 hour Room 1 - Peggy, - 1 hour Room 1 - Peggy, - 1 hour Revolution Cycle Cycle studio - Adam Revolution Cycle Revolution Cycle Revolution Cycle Cycle studio - Laurie Revolution Cycle Cycle studio - Laurie Room 1 - Cheryl / Heather Room 1 - Cheryl / Heather Room 2 - Dwight Room 1 - Cheryl / Heather Room 2 - Dwight Room 2 - Dwight Room 1 - Cheryl / Heather Room 2 - Cheryl Room 2 - Cheryl Room 3 - Cheryl Room 3 - Cheryl Room 4 - Cheryl Room 4 - Cheryl Room 4 - Cheryl Room 5 - Cheryl Room 6 - Cheryl Room 6 - Cheryl Room 7 - Wanda Room 8 - Cheryl Room 9 - Cheryl Room 9 - Cheryl Room 9 - Cheryl Room 1 - Cheryl Room 1 - Cheryl Room 1 - Cheryl / Heather Room 2 - Cheryl Room 3 - Cheryl Room 3 - Cheryl Room 3 - Cheryl Room 4 - Cheryl Room 2 - Cheryl Room 3 - Cheryl Room 3 - Cheryl Room 4 - Cheryl Room 4 - Cheryl Room 4 - Cheryl Room 4 - Cheryl Room 5 - Cheryl Room 6 - Cheryl Room 6 - Cheryl Room 6 - Cheryl Room 7 - Cheryl Room 7 - Cheryl Room 8 -	5:15 PM						4:00pm - 7:00pm <b>Saturday</b>
Room 2 - Dwight P90X Room 1 - Peggy, - 1 hour  Group Cycle Cycle studio - Adam  Revolution Cycle Cycle studio - Adam  Revolution Cycle Cycle Studio - Laurie Cardio PLUS Room 1 - Cheryl / Heather Revolution Cycle Cycle Studio - Laurie Cardio PLUS Room 1 - Cheryl / Heather Revolution Cycle Cycle Studio - Laurie Aqua Strength & Abs Pool - Carol Room 2 - Dwight Revolution Cycle Cycle Studio - Laurie Aqua Strength & Abs Pool - Carol Room 2 - Dwight Revolution Cycle Cycle Studio - Laurie Aqua Strength & Abs Pool - Miriam Pool - Carol Room 2 - Brenda Pool - Carol Room 2 - Cheryl Room 2 - Dwight Revolution Cycle Cycle Studio - Laurie Aqua Strength & Abs Pool - Carol Room 2 - Cheryl Room 2 - Cheryl Room 2 - Cheryl Room 2 - Cheryl Right Recom 2 - Dwight Reacher is traveling to India - this class will return in April.  Wideo Tour of Wellness Center on YouTube: Wellness Center Navicent Wellness Center Navicent Revolution Cycle Cycle Studio - Laurie Aqua Strength & Abs Pool - Miriam Pool - Carol Room 2 - Cheryl Room 3 - Medan (55 min) HIT - The Basics Now starting at 6.30 HIP HOP Cycle HIIT - 30 minutes Room 2 - Dwight Room 2 - Cheryl Room 3 - Medan (55 min) HIIT - 30 minutes Room 2 - Cheryl Room 3 - Medan (55 min) HIIT - 30 minutes	5:30 PM	ı ·			Barre Above	Meditation &	NO .
Group Cycle  Cycle studio - Adam  Fee Class · Matthew Revolution Cycle Cycle Studio - Laurie Cardio PLUS Room 1 - Cheryl / Heather Gentle Vinyasa Yoga Gentle Vinyasa Yoga Education Room - Vario  Gentle Vinyasa Yoga Education Room - Carol  Gentle Vinyasa Yoga Education Room - Carol  Education Room - Carol  Gentle Vinyasa Yoga Fool - Carol  Fool - Carol  Gentle Vinyasa Yoga Fool - Carol  Fool		P90X	Room 2 - Brian	Room 2 - Dwight	Room 2- Cheryl	<u>Mindfulness</u>	
Revolution Cycle   Revolution Cycle   Cvcle Studio - Laurie   Room 1-various   Revolution Cycle   Cvcle Studio - Laurie   Room 1-various   Cvcle Studio - Laurie   Room 1-various   Cvcle Studio - Laurie   Aqua Strength & Abs   Room 1 - Cheryl / Heather   Pool - Miriam   Pool - Miriam   Pool - Carol   Room 2 - Cheryl	6:00 PM	Group Cycle	(Must Sign up)		(Must Sign up)	to India - this class	Center on YouTube:
Cardio PLUS  Room 1 - Cheryl / Heather  Room 1 - Cheryl / Heather  Room 2 - Carol  Room 2 - Marga  Cardio PLUS  Room 1 - Cheryl / Heather  Room 2 - Carol  Room 2 - Brenda  Room 2 - Carol  Room 2 - Marga  Room 3 - Cycle Studio  HIT - The Basics  Now starting at 6:30  Room 2 - Cheryl  Room 2 - Cheryl  Room 3 - Cheryl  Room 3 - Cheryl  Room 3 - Cheryl  Room 4 - Cheryl  Room 2 - Cheryl  Room 3 - Marga  Room 2 - Marga  Room 3 - Cheryl  Room 3 - Marga  Room 3 - Cheryl  Room 3 - Marga  Room 3 - Cheryl  Room 4 - Cheryl  Room 4 - Cheryl  Room 5 - Cheryl  Room 6 - Carol  Room 6 - Carol  Room 7 - Cheryl  Room 8 - Cheryl  Room 8 - Cheryl  Room 8 - Cheryl  Room 9 - Cheryl  Room 1 - Cheryl  Room 6 - Carol  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Marga  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Marga  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Marga  Room 2 - Cheryl  Room 3 - Cheryl  Room 2 - Cheryl  Room 2 - Cheryl  Room 3 - Cheryl  Room 4 - Cheryl  Room 5 - Cheryl  Room 6 - Coopen  All classes/instructors subject to change  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Cheryl  Room 3 - Cheryl  Room 4 - Cheryl  Room 6 - Coopen  Room 6 - Coopen  All classes/instructors subject to change  Room 2 - Cheryl  Room 6 - Coopen  Room 6 - Coopen  Room 7 - Cheryl  Room 8 - Cheryl  Room 7 - C		Cycle studio - Adam	Revolution Cycle	Bolly X	Revolution Cycle	All Classes a	
6:15 PM Aqua Zumba Pool - Carol Pool - Carol Gentle Vinyasa Yoga Education Room - Wanda Fool - Carol  Carol Fool - Miriam Friday 4:45am - 9:00pm Saturday 7:00am - 6:00pm Saturday 7:00am - 6:00pm Sunday 10:00am - 6:00pm All classes/instructors subject to change All classes/instructors subject to change Fool - Carol Fool - Carol Fool - Miriam Fool Fo			Cardio PLUS	Room 1-various	Aqua Strength & Abs		
Gentle Vinyasa Yoga Education Room - Wanda Education Room - Wanda  Education Room - Wanda  Education Room - Carol  Aqua Kickbox  HIP HOP Cycle  Suzanne - Cycle Studio HIIT - The Basics Now starting at 6:30  Yoga Flow No class 1st Tues of month Room 2 - Cheryl  Room 2 - Cheryl  All classes/instructors subject to change 3797 Northside Drive, Macon GA 478-477-2300 Facebook: Wellness Center Navicent Health www.navicenthealth.org/wellnesscenter Instagram: wellnesscenter Instagram: welln	6:15 PM		PUMP		Yoga Flow	Mon-Thurs 4 Friday 4:4	l:45am - 9:00pm 5am - 8:00pm
6:30 PM ZUMBA Aqua Kickbox HIP HOP Cycle Room 2 - Megan (55 min) HilT - The Basics Now starting at 6:30 HIT - 30 minutes  Room 2 - Cheryl  Room 2 - Cheryl  Room 2 - Cheryl  3797 Northside Drive, Macon GA 478-477-2300 Facebook: Wellness Center Navicent Health www.navicenthealth.org/wellnesscenter Instagram: wellnesscenterravicent Live Schedule Now on Facebook -			Yoga Flow	Pool - Carol		Sunday 10:00am - 6:00pm	
Room 2 - Megan (55 min)  HIIT - The Basics Now starting at 6:30  Miriam - Pool  Suzanne - Cycle Studio  HIIT - 30 minutes  HIIT - 30 minutes  HIIT - 30 minutes	6:30 PM		Education Room - Carol	HIP HOP Cycle	Room 2 - Cheryl	3797 Northside Drive, Macor 478-477-2300	n GA
		Room 2 - Megan (55 min)  HIIT - The Basics  Now starting at 6:30		Suzanne - Cycle Studio HIIT - 30 minutes		Facebook: Wellness Center I www.navicenthealth.org/w Instagram: wellnesscenterna Live Schedule Now on Fa	avicent