



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T. (Must Sign up-see flyer) Fee Class - Catalina		H.E.A.T. (Must Sign up-see flyer) Fee Class - Catalina		H.E.A.T. (Must Sign up-see flyer) Fee Class - Catalina	8:00 AM Zumba Room 1 - Various
	PUMP temporary class Room 2 - Laurie	Core & More Room 2 - Peggy	Quick & Dirty 30 temporary class Room 2 - Peggy	Circuit Mash-up Room 2 - Peggy	Hurricane temporary class Room 2 - Suzanne	9:00 AM Fit Happens- see flyer for class detail and teacher Room 2 - class varies
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	Group Cycle Cycle Studio - Dorothy NEW TIME	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 - sign in at front desk
		Group Cycle Cycle Studio-Maya	If you are new to cycle, please come 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	Aqua Fitness Pool - Miriam	Check out flyers in lobby for our BootCamps that happen throughout the year, small group training - (HEAT classes) Aqua Stand Up and much more	Group Cycle Cycle Studio - Adam	Aqua Fitness Pool -Matthew		3:30 PM Zumba Room 2 - Carol
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	Step & Abs-1 hour Room 2 - Iesha	Find up to date programming and events on Facebook - Wellness Center Note all gym signage for changes/additions to classes or for specialty programming. RED indicates new class or change SilverSneakers classes in PURPLE Aqua classes in BLUE FEE CLASSES highlighted in GREEN - see front desk 30 minute classes highlighted in yellow. Try 1 for a quick workout or tag 1 onto another class
		Aqua Fitness Pool -Iesha	Aqua Fitness Pool- Matthew		Aqua Fitness Pool -Kelsie	
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 -	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	Live Schedule Now on Facebook (Desktop version only) - click on Schedule tab on Facebook				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		Child's Play: Limit Child's Play to 2 hours per day Mon - Thurs: 8:15am - 1:00pm; 4:00pm - 8:00pm Friday 8:15am - 1:00pm; 4:00pm - 7:00pm Saturday 8:45am - 1:00pm NO SUNDAY CHILDCARE
EVENING CLASSES						
4:30 PM					Restorative Yoga Room 1 - Jessica	
5:15 PM				Pilates Education Room - Irene		
5:30 PM	Sports Conditioning P90X Room 2 - Dwight Room 1 - Peggy - 1 hour	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2- Cheryl	Meditation & Mindfulness Teacher is traveling to India - this class will return in April.	
6:00 PM	Group Cycle Cycle studio - Adam	H.E.A.T. (Must Sign up) Fee Class - Matthew	Yoga 4 Dudes Education Room - Various	H.E.A.T. (Must Sign up) Fee Class - Matthew		
		Revolution Cycle Cycle Studio - Laurie	Bolly X Room 1-various	Revolution Cycle Cycle Studio - Laurie		
		Cardio PLUS Room 1 - Cheryl / Heather		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) HIIT - The Basics Now starting at 6:30 Room 1 - Brian	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio 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
Instagram: wellnesscenternavicent
Live Schedule Now on Facebook - click on Schedule tab

Video Tour of Wellness Center on YouTube: Wellness Center Navicent