



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	R.I.P.P.E.D. Room 2 - Claudia	Core & More Room 2 - Peggy (thru summer)	Check out Facebook for our BootCamps that happen throughout the year.	Circuit Mash-up Room 2 - Peggy (thru summer)	Hurricane Room 2 - Suzanne	8:00 AM Zumba Rm 1 (MAY ONLY)
5:45 AM		Group Cycle Cycle Studio - Suni		MOi Cycle Cycle Studio - Suni		9:00 AM Group Cycle Cycle Studio - MAYA
7:30 AM	Flexible Strength Room 1 - Miriam		Yoga Stretch Room 1 - Wanda	Flexible Strength Room 1 - Miriam		Aqua Kick Pool - Miriam
8:30 AM		Yoga Room 1 - Lisa S.		Cardio Circuit Room 1 - Brian	Yoga Room 2 - Lisa S.	R.I.P.P.E.D. Room 2 - see live schedule
		Group Cycle Cycle Studio - Maya		MOi Cycle (min.class) (55) Cycle Studio - Maya	Group Cycle Cycle Studio - Dorothy	10:15 AM Yoga Room 2 - see live schedule
8:45 AM	Cardio Circuit 30 minutes Room 1 - Winnie					
						Sunday
9:00 AM	Group Cycle Cycle Studio - Penny		Group Cycle Cycle Studio - Adam			2:30 PM Group Cycle 45 Cycle Studio - Penny
			R.I.P.P.E.D. Room 2 - Robin	If you are new to cycle, please come 10 minutes early for bike set up		3:30 PM Aqua Stand Up FEE CLASS
			Aqua Fitness Pool - Penny			ZUMBA Room 2 - Courtney
9:30 AM	Aqua Fitness Pool - Colby	Cardio Strength Room 2 - Allison		Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2 - Lisa M.	4:30 PM Aqua Stand Up FEE CLASS
	Yoga Strength Room 2 - Andi	No Lap swim or Pool Activities During Group Aqua Classes - Allow 10 minutes for Aqua class set up before official class start time		Aqua Fitness Pool - Colby		Yoga Room 1 - Various
9:45 AM					Aqua Fitness Pool - Penny	<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>Aqua classes in BLUE</p> <p>FEE CLASSES in GREEN - see front desk</p> <p>30 minute classes highlighted in green. 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 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</p>
10:15 AM			Pilates Room 1 - Maya			
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda	Aqua Fitness Pool - Colby	SilverSneakers® CardioFit Room 2 - Wanda	Aqua Abs (30 minutes) Pool - Colby		
	Aqua Abs (30 minutes) Pool - Colby					
11:00 AM		SilverSneakers® Stability Room 2 - Wanda (MAY ONLY)		SilverSneakers® Stability Room 2 - Winnie (MAY ONLY)	SilverSneakers® CardioFit Room 2 - Wanda/Winnie	
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 - Diane		Zumba Light Room 2 - Paula		
2:30 PM		TAI CHI Room 2 - Sandra				
EVENING CLASSES						
4:30 PM					Restorative Yoga Room 1 - Jessica	
5:30 PM	Sports Conditioning Room 2 - Dwight	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Tone N Tighten Room 2 - Cheryl	Special Pop-Up Classes! ZUMBA Every Saturday in May! 8:00 am, Room 1 (see Saturday schedule)	
	R.I.P.P.E.D. Room 1 - Lisa M.					
6:00 PM	Group Cycle Cycle studio - Adam	Cardio PLUS Room 1 - Cheryl / Heather	R.I.P.P.E.D. Room 1 - various	Aqua Fitness Pool - Miriam		
	Aqua Fitness Pool - Kelsie	Group Cycle Cycle Studio - Penny	Yoga 4 Dudes Education Room - Jef			
6:15 PM		PUMP Room 2 - Brenda	Aqua Zumba Pool - Carol	Circuit Training Room 1 - Carmen		
		Yoga Flow (no class 1st Tues of month) Carol - Education Room		Step Fitness Room 2 - Cheryl		
6:30 PM	ZUMBA 45 Room 2 - Carol	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio	YOGA no class 1st Thurs of month Theresa - Education Room		
	HIIT - The Basics (6:40pm) Room 1 - Brian		HIIT-30 Minutes (intense class) Room 2 - Brian			
7:15 PM						
7:30 PM	Yoga- 1 hour Room 1 - Jef					

All Classes are 45-55 minutes unless otherwise noted.

Gym Hours of Operation:
 Mon-Thurs 5:00am - 9:00pm
 Friday 5:00am - 8:00pm
 Saturday 7:00am - 6:00pm
 Sunday 10:00am - 6:00pm

All classes/instructors subject to change.

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

Live Schedule Now on Facebook - click on Schedule tab

