



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	R.I.P.P.E.D. <small>Room 2 - Claudia (starts July 9)</small>	Core & More <small>Room 2 - Peggy (thru summer)</small>	<i>Check out Facebook for our BootCamps that happen throughout the year.</i>	Circuit Mash-up <small>Room 2 - Peggy (thru summer)</small>	Hurricane <small>Room 2 - Suzanne (starts July 13)</small>	8:00 AM Zumba <small>Rm 1 - Various</small>
5:45 AM		Group Cycle <small>Cycle Studio - Suni</small>		MOi Cycle <small>Cycle Studio - Suni</small>		9:00 AM Group Cycle <small>Cycle Studio - MAYA</small>
7:30 AM	Flexible Strength <small>Room 1 - Miriam</small>		Yoga Stretch <small>Room 1 - Wanda</small>	Flexible Strength <small>Room 1 - Miriam</small>		Aqua Kick <small>Pool - Miriam</small>
8:30 AM		Yoga <small>Room 1 - Lisa S.</small>		Cardio Circuit <small>Room 1 - Brian</small>	Yoga <small>Room 2 - Lisa S.</small>	R.I.P.P.E.D. <small>Room 2 - see live schedule</small>
		Group Cycle <small>Cycle Studio - Maya</small>		MOi Cycle (55min. class) <small>Cycle Studio - Maya</small>	Group Cycle <small>Cycle Studio - Dorothy</small>	10:15 AM Yoga <small>Room 2 - see live schedule</small>
8:45 AM	Cardio Circuit 30 minutes <small>Room 1 - Winnie</small>					
						Sunday
9:00 AM	Group Cycle <small>Cycle Studio - Penny</small>		Group Cycle <small>Cycle Studio - Adam</small>			2:30 PM Group Cycle 45 <small>Cycle Studio - Penny</small>
			R.I.P.P.E.D. <small>Room 2 - Robin</small>	If you are new to cycle, please come 10 minutes early for bike set up		3:30 PM ZUMBA <small>Room 2 - Courtney</small>
			Aqua Fitness <small>Pool - Penny</small>		4:00 PM Aqua Stand Up (check flyers) <small>FEE CLASS - Various</small>	
9:30 AM	Aqua Fitness <small>Pool - Colby</small>	Cardio Strength <small>Room 2 - Allison</small>		Yoga <small>Room 1 - Jessica</small>	Step Fitness-1 hr <small>Room 2 - Lisa M.</small>	4:30 PM Yoga <small>Room 1 - Various</small>
	Yoga Strength <small>Room 2 - Andi</small>	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 <small>Pool - Colby</small>		5:00 PM Aqua Stand Up (check flyers) <small>FEE CLASS - Various</small>
9:45 AM					Aqua Fitness <small>Pool - Penny</small>	<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</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>
10:15 AM			Pilates <small>Room 1 - Maya</small>			
10:30 AM	SilverSneakers® CardioFit <small>Room 2 - Wanda</small>	Aqua Fitness <small>Pool - Colby</small>	SilverSneakers® CardioFit <small>Room 2 - Kathy</small>	Aqua Abs (30 minutes) <small>Pool - Colby</small>		
	Aqua Abs (30 minutes) <small>Pool - Colby</small>					
11:00 AM		SilverSneakers® Stability <small>Room 2 - Wanda</small>		SilverSneakers® Stability <small>Room 2 - Wanda /Winnie</small>	SilverSneakers® CardioFit <small>Room 2 - Wanda/Winnie</small>	
11:30 AM	SilverSneakers® Classic <small>Room 2 - Brenda</small>		SilverSneakers® Circuit <small>Room 2 - Robin</small>		SilverSneakers® Splash (in the pool) <small>Pool - Miriam</small>	
12 NOON		SilverSneakers® Yoga <small>Room 2 - Sandra</small>		SilverSneakers® Yoga <small>Room 2 - Sandra</small>	SilverSneakers® Circuit - <small>Room 2 - Robin</small>	
12:30 PM	SilverSneakers® Circuit <small>Room 2 - Sandra</small>		SilverSneakers® Classic <small>Room 2 - Sandra</small>			
1:00 PM					Clogging <small>Guest instructor - Elaine - Room 1</small>	
1:30 PM		Zumba Light <small>Room 2 - Diane</small>		Zumba Light <small>Room 2 - Paula</small>		
2:30 PM		TAI CHI <small>Room 2 - Sandra</small>				
EVENING CLASSES						
4:30 PM					Restorative Yoga <small>Room 1 - Jessica</small>	
5:30 PM	Sports Conditioning <small>Room 2 - Dwight</small>	30 Minute Abs <small>Room 2 - Brian</small>	Hard Bodies <small>Room 2 - Dwight</small>	BARRE ABOVE <small>Room 2 - Cheryl (JULY ONLY)</small>		
	R.I.P.P.E.D. <small>Room 1 - Lisa M.</small>					
6:00 PM	Group Cycle <small>Cycle studio - Adam</small>	Cardio PLUS <small>Room 1 - Cheryl / Heather</small>	R.I.P.P.E.D. <small>Room 1 - various</small>	Aqua Fitness <small>Pool - Miriam</small>		
	Aqua Fitness <small>Pool - Kelsie</small>	Group Cycle <small>Cycle Studio - Penny</small>	Yoga 4 Dudes <small>Education Room - Jef</small>			
6:15 PM		PUMP <small>Room 2 - Brenda</small>	Aqua Zumba <small>Pool - Carol</small>	Circuit Training <small>Room 1 - Carmen</small>		
		Yoga Flow <small>(no class 1st Tues of month) Carol - Education Room</small>		Step Fitness <small>Room 2 - Cheryl</small>		
6:30 PM	ZUMBA 45 <small>Room 2 - Carol</small>	Aqua Kickbox <small>Miriam - Pool</small>	HIP HOP Cycle <small>Suzanne - Cycle Studio</small>	YOGA <small>no class 1st Thurs of month Theresa - Education Room</small>		
	HIIT - The Basics (6:40pm) <small>Room 1 - Brian</small>		HIIT-30 Minutes (intense class) <small>Room 2 - Brian</small>			
7:15 PM						
7:30 PM	Yoga- 1 hour <small>Room 1 - Jef</small>					

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