



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	8:00 AM Zumba Room 1 - Various
	R.I.P.P.E.D. Room 2 - Claudia (Sept Only)	Core & More Room 2 - Peggy	Quick & Dirty 30 Room 2 - Claudia (Sept Only)	Circuit Mash-up Room 2 - Peggy	Hurricane Room 2 - Suzanne (Sept Only)	9:00 AM Group Cycle Cycle Studio - Maya
5:45 AM		Group Cycle Cycle Studio - Suni		MOi Cycle Cycle Studio - Suni		Aqua Kick Pool - Miriam
7:30 AM	Flexible Strength Room 1 - Miriam		Yoga Stretch Room 1 - Wanda	Flexible Strength Room 1 - Miriam		R.I.P.P.E.D. Room 2 - various
8:30 AM		Yoga Room 1 - Lisa S.	Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information	Fit Camp PLUS Room 1 - Peggy	Yoga Room 2 - Lisa S.	10:15 AM Yoga Room 2 - various
		Group Cycle Cycle Studio - Maya		MOi Cycle (55 min. class) Cycle Studio - Maya	Group Cycle Cycle Studio - Dorothy	
8:45 AM	Fit Camp 30 (30 minutes) Room 1 - Peggy					2:30 PM Group Cycle Cycle Studio - Penny
9:00 AM	Group Cycle Cycle Studio - Penny	No Lap swim or Pool Activities During Group Aqua Classes - Allow 10 minutes for Aqua class set up before official class start time	Group Cycle Cycle Studio - Adam			3:30 PM Zumba Room 2 - Courtney
			R.I.P.P.E.D. Room 2 - Robin		If you are new to cycle, please come 10 minutes early for bike set up	4:00 PM Aqua Stand Up (check flyers) FEE CLASS-VariouS
			Aqua Fitness Pool - Penny			4:30 PM Yoga Room 1 - Various
9:30 AM	Yoga Strength Room 2 - Andi	Cardio Strength Room 2 - Allison		Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2 - Lisa M.	5:00 PM Aqua Stand Up (check flyers) FEE CLASS-VariouS
	Aqua Fitness Pool - Colby	Aqua Fitness Pool - Winnie		Aqua Fitness Pool - Colby	Aqua Fitness Pool - Penny	
9:45 AM						
10:15 AM			Pilates Room 1 - Maya			
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda	Aqua Abs (30 min) Pool - Colby		
	Aqua Abs (30 min) Pool - Colby					
11:00 AM		SilverSneakers® Stability Room 2 - Wanda		SilverSneakers® Stability Room 2 - Winnie	SilverSneakers® CardioFit Room 2 - 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 (30 min) 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	Barre Above Room 2 - Cheryl		
	R.I.P.P.E.D. Room 1 - Lisa M.					
6:00 PM	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various	H.E.A.T. Fee Class - Various		
	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	Gentle Vinyasa Yoga Education Room - Wanda	PUMP Room 2 - Brenda	Aqua Zumba Pool - Carol	Circuit Training Room 1 - Carmen		
		Yoga Flow (no class 1st Tues of month) Education Room - Carol		Yoga Flow (no class 1st Thurs of month) Education Room - Carol		
				Step Fitness Room 2 - Cheryl		
6:30 PM	ZUMBA Room 2 - Carol	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio			
	HIIT - The Basics (6:40pm) Room 1 - Brian		HIIT - 30 minutes (intense class) Room 2 - Brian			
7:00 PM						

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

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

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

