



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T.	H.E.A.T.	H.E.A.T.	H.E.A.T.	H.E.A.T.	8:00 AM Zumba
	Fee Class - Various	Fee Class - Various	Fee Class - Various	Fee Class - Various	Fee Class - Various	Room 1 - Various
5:45 AM		Core & More		Circuit Mash-up		9:00 AM Group Cycle
		Room 2 - Peggy		Room 2 - Peggy		Cycle Studio - Maya
7:30 AM	Flexible Strength	Group Cycle		MOi Cycle		Aqua Kick
	Room 1 - Miriam	Cycle Studio - Suni		Cycle Studio - Suni		Pool - Miriam
8:30 AM		Yoga	Yoga Stretch	Flexible Strength		R.I.P.P.E.D.
		Room 1 - Lisa S.	Room 1 - Wanda	Room 1 - Miriam		Room 2 - various
8:45 AM	Fit Camp 30 (30 minutes)	Group Cycle	<i>Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information</i>	Fit Camp PLUS	Yoga	10:15 AM Yoga
	Room 1 - Peggy	Cycle Studio - Maya		Room 1 - Peggy	Room 2 - Lisa S.	Room 2 - various
9:00 AM	Group Cycle	<div style="border: 1px solid red; padding: 2px;"> No Lap swim or Pool Activities During Group Aqua Classes - Allow 10 minutes for Aqua class set up before official class start time </div>	Group Cycle		MOi Cycle (55min.class)	Group Cycle
	Cycle Studio - Penny		Cycle Studio - Adam		Cycle Studio - Maya	Cycle Studio - Dorothy
9:30 AM	Yoga Strength	Cardio Strength		Yoga	Step Fitness-1 hr	2:30 PM Group Cycle
	Room 2 - Andi	Room 2 - Allison		Room 1 - Jessica	Room 2 - Lisa M.	Cycle Studio - Penny
9:45 AM	Aqua Fitness	Aqua Fitness		Aqua Fitness	Aqua Fitness	3:30 PM Zumba
	Pool - Colby	Pool - Winnie		Pool - Colby	Pool - Penny	Room 2 - Courtney
10:15 AM			Pilates			4:00 PM Aqua Stand Up (check flyers)
			Room 1 - Maya			FEE CLASS-VariouS
10:30 AM	SilverSneakers® CardioFit		SilverSneakers® CardioFit	Aqua Abs (30 mins)		4:30 PM Yoga
	Room 2 - Wanda		Room 2 - Wanda	Pool - Colby		Room 1 - Various
11:00 AM	Aqua Abs (30 mins)					5:00 PM Aqua Stand Up (check flyers)
	Pool - Colby					FEE CLASS-VariouS
11:30 AM	SilverSneakers® Classic	SilverSneakers® Stability		SilverSneakers® Stability	SilverSneakers® CardioFit	
	Room 2 - Brenda	Room 2 - Wanda		Room 2 - Winnie	Room 2 - Winnie	
12 NOON		SilverSneakers® Yoga	SilverSneakers® Circuit	SilverSneakers® Yoga	SilverSneakers® Splash (in the pool)	
		Room 2 - Sandra	Room 2 - Robin	Room 2 - Sandra	Pool - Miriam	
12:30 PM	SilverSneakers® Circuit		SilverSneakers® Classic		SilverSneakers® Circuit	
	Room 2 - Sandra		Room 2 - Sandra		Room 2 - Robin	
1:00 PM					Clogging	
					Guest instructor - Elaine - Room 1	
1:30 PM		Zumba Light		Zumba Light		
		Room 2 - Diane		Room 2 - Paula		
2:30 PM		TAI CHI (30 min)				
		Room 2 - Sandra				
EVENING CLASSES						
4:30 PM					Restorative Yoga	
5:30 PM	Sports Conditioning	30 Minute Abs	Hard Bodies	Barre Above	<div style="border: 1px solid red; padding: 2px;"> FRIDAY NIGHT SPECIALS! Oct 5 thru Nov 9, various Friday night classes, see flyers in the lobby. All classes start at 5:30 PM. </div>	
	Room 2 - Dwight	Room 2 - Brian	Room 2 - Dwight	Room 2 - Cheryl		
6:00 PM	R.I.P.P.E.D.					
	Room 1 - Lisa M.					
6:15 PM	H.E.A.T.	H.E.A.T.	H.E.A.T.	H.E.A.T.		
	Fee Class - Various	Fee Class - Various	Fee Class - Various	Fee Class - Various		
6:30 PM	Group Cycle	Cardio PLUS	R.I.P.P.E.D.	Aqua Fitness		
	Cycle studio - Adam	Room 1 - Cheryl / Heather	Room 1-various	Pool - Miriam		
6:45 PM	Aqua Fitness	Group Cycle	Yoga 4 Dudes			
	Pool - Kelsie	Cycle Studio - Penny	Education Room - Jef			
6:55 PM	Gentle Vinyasa Yoga	PUMP	Aqua Zumba	Circuit Training		
	Education Room - Wanda	Room 2- Brenda	Pool - Carol	Room 1 - Carmen		
7:00 PM		Yoga Flow (no class 1st Tues of month)		Yoga Flow (no class 1st Thurs of month)		
		Education Room - Carol		Education Room - Carol		
7:15 PM	ZUMBA	Aqua Kickbox	HIP HOP Cycle			
	Room 2 - Carol (55 min)	Miriam - Pool	Suzanne - Cycle Studio			
7:30 PM	HIIT - The Basics (6:40nm)		HIIT - 30 minutes (intense class)			
	Room 1 - Brian		Room 2 - Brian			

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

