



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	Core & More Room 2 - Peggy	Quick & Dirty 30 Room 2 - Claudia	Circuit Mash-up Room 2 - Peggy	Hurricane Room 2 - Suzanne	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.	<div style="border: 1px solid gray; padding: 5px; font-size: small;">           Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information         </div>	Fit Camp PLUS Now in Room 2 - Peggy	Yoga Room 2 - Lisa S.	10:15 AM Yoga Room 2 - various
		Group Cycle Cycle Studio - Maya		MOi Cycle (55min.class) Cycle Studio - Maya	Group Cycle Cycle Studio - Dorothy	<b>Sunday</b>
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	Aqua Fitness Pool - Colby <b>NEW TIME!</b>		3:30 PM Zumba Room 2 - Courtney
			R.I.P.P.E.D. Room 2 - Robin			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	If you are new to cycle, please come 10 minutes early for bike set up	Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2 - Lisa M.	Aqua Stand Up (check flyers) This fee class will be free for NEW participants in November only
	Aqua Fitness Pool - Colby	Aqua Fitness Pool - Penny			Aqua Fitness Pool - Winnie	
10:00 AM				Aqua Abs (30 min) Pool - Colby <b>NEW TIME!</b>		
10:15 AM			Pilates Room 1 - Maya			Find up to date programming and events on Facebook - Wellness Center  Note all gym signage for changes/additions to classes or for specialty programming.  <b>RED</b> indicates new class or change  SilverSneakers classes in <b>PURPLE</b>  Aqua classes in <b>BLUE</b>  <div style="border: 1px solid green; padding: 2px; font-size: x-small; margin: 5px 0;">             FEE CLASSES highlighted in GREEN - see front desk           </div> <div style="border: 1px solid yellow; padding: 2px; font-size: x-small; margin: 5px 0;">             30 minute classes highlighted in yellow. Try 1 for a quick workout or tag 1 onto another class           </div>
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda			
	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				
<b>EVENING CLASSES</b>						
		5:15PM - FREE Mechanics - 30 minute Skills & Drills with Matthew - new focus each week - see Flyer  Nov and Dec ONLY - HEAT Room			4:30PM Restorative Yoga Room 1 - Jessica	<b>Child's Play:</b> Limit Child's Play to 2 hours per day  <b>Mon - Thurs:</b> 8:15am - 1:00pm; 4:00pm - 8:00pm <b>Friday</b> 8:15am - 1:00pm; 4:00pm - 7:00pm <b>Saturday</b> 8:45am - 1:00pm <b>NO SUNDAY CHILDCARE</b>
5:30 PM	Sports Conditioning Room 2 - Dwight	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2 - Cheryl	<b>FRIDAY NIGHT SPECIALS!</b> Oct 5 thru Nov 9, various Friday night classes, see flyers in the lobby. <b>All classes start at 5:30 PM.</b>	
	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. Open House - FREE! Sign up at front desk	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	Group Cycle Cycle Studio - Penny		
	Aqua Fitness Pool - Kelsie		Yoga 4 Dudes Education Room - Jef	Aqua Fitness Pool - Miriam		
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 (55 min)	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						

**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](http://www.navicenthealth.org/wellnesscenter)

Live Schedule Now on Facebook - click on Schedule tab