



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	8:00 AM Zumba Room 1 - Various
	<b>STRONG</b> by Zumba Begins July 8 Room 2 - Claudia	<b>Core &amp; More</b> Room 2 - Peggy	<b>Quick &amp; Dirty 30</b> Begins July 10 Room 2 - Claudia	<b>Circuit Mash-up</b> Room 2 - Peggy	<b>Hurricane</b> Begins July 12 Room 2 - Suzanne	9:00 AM <b>Group Cycle</b> Cycle Studio - Maya
5:45 AM		<b>Group Cycle</b> Cycle Studio - Suni		<b>MOi Cycle</b> Cycle Studio - Suni		<b>R.I.P.P.E.D.</b> Room 2 - various
6:30 AM			<b>Hump Day, Stretched &amp; Strong</b> Room 1 - Miriam			<b>H.E.A.T.</b> Fee Class - Various
7:30 AM	<b>Flexible Strength</b> Room 1 - Miriam			<b>Flexible Strength</b> Room 1 - Miriam		9:30 AM <b>Aqua Kick</b> Pool - Miriam
8:30 AM		<b>Yoga</b> Room 1 - Lisa S.		<b>Fit Camp PLUS</b> Room 2 - Peggy	<b>Yoga</b> Room 2 - Lisa S.	10:15 AM <b>Yoga</b> Room 2 - various
		<b>Group Cycle</b> Cycle Studio - Maya	If you are new to cycle, please come 10 minutes early for bike set up	<b>MOi Cycle</b> (55min.class) Cycle Studio - Maya	<b>Group Cycle</b> Cycle Studio - Dorothy	11:30am-1:30pm <b>Family Swim for Members Only - see front desk</b>
8:45 AM	<b>Fit Camp 30</b> (30 minutes) Room 1 - Peggy	No lap swim or pool activities during Aqua classes or 10 min before Aqua classes to allow for setup. We will close 3 lanes 30 min before Aqua Stand Up classes for setup. Two lanes are available for lap swim during Aqua Stand Up classes only.				2:30 PM <b>Group Cycle</b> Cycle Studio - Various
9:00 AM	<b>Group Cycle</b> Cycle Studio - Dorothy		<b>Group Cycle</b> Cycle Studio - Adam	<b>Aqua Fitness</b> Pool - Miriam	Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information	3:30 PM <b>Zumba</b> Room 2 - Courtney
			<b>R.I.P.P.E.D.</b> Room 2 - Robin			4:30 PM <b>Aqua Stand Up (check flyers)</b> FEE for non-members
						<b>Yoga</b> Room 1 - Various
9:30 AM	<b>Yoga Strength</b> Room 2 - Lisa S	<b>Cardio Strength</b> Room 2 - Allison		<b>Yoga</b> Room 1 - Jessica	<b>Step Fitness-1 hr</b> Room 2 - Lisa M.	<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 highlighted in GREEN - see front desk</p> <p>30 minute classes highlighted in yellow. 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> <p> YouTube</p> <p>See our NEW Video Tour on YouTube: Wellness Center Navicent Health</p>
	<b>Aqua Fitness</b> Pool - Lisa M	<b>Aqua Fitness</b> Pool - Winnie	<b>Aqua Fitness</b> Pool - Winnie		<b>Aqua Fitness</b> Pool - Winnie	
10:00 AM						
10:15 AM			<b>Pilates</b> Room 1 - Maya			
10:30 AM	<b>SilverSneakers® CardioFit</b> Room 2 - Wanda		<b>SilverSneakers® CardioFit</b> Room 2 - Wanda			
11:00 AM		<b>SilverSneakers® Stability</b> Room 2 - Wanda		<b>SilverSneakers® Stability</b> Room 2 - Winnie	<b>SilverSneakers® CardioFit</b> Room 2 - Wanda	
11:30 AM	<b>SilverSneakers® Classic</b> Room 2 - Brenda		<b>SilverSneakers® Circuit</b> Room 2 - Robin		<b>SilverSneakers® Splash (in the pool)</b> Pool - Miriam	
12 NOON		<b>SilverSneakers® Yoga</b> Room 2 - Sandra		<b>SilverSneakers® Yoga</b> Room 2 - Sandra	<b>SilverSneakers® Circuit</b> Room 2 - Robin	
12:30 PM	<b>SilverSneakers® Circuit</b> Room 2 - Sandra		<b>SilverSneakers® Classic</b> Room 2 - Sandra			
1:00 PM					<b>Clogging</b> Guest instructor - Elaine - Room 1	
1:30 PM		<b>Zumba Light</b> Room 2 - Paula		<b>Zumba Light</b> Room 2 - Paula		
2:30 PM		<b>TAI CHI (30 min)</b> Room 2 - Sandra				
<b>EVENING CLASSES</b>						
4:30 PM					<b>Restorative Yoga</b> Room 1 - Jessica	
5:15 PM				<b>Pilates</b> Education Room - Irene		
5:30 PM	<b>Sports Conditioning</b> Room 2 - Dwight	<b>30 Minute Abs</b> Room 2 - Brian	<b>Hard Bodies</b> Room 2 - Dwight	<b>Barre Above</b> Room 2 - Cheryl		
	<b>R.I.P.P.E.D.</b> Room 1 - Lisa M.					
6:00 PM		<b>H.E.A.T.</b> Fee Class - Various		<b>H.E.A.T.</b> Fee Class - Various		
	<b>Group Cycle</b> Cycle studio - Adam	<b>Revolution Cycle</b> Cycle Studio - Laurie	<b>R.I.P.P.E.D.</b> Room 1-various	<b>Revolution Cycle</b> Cycle Studio - Laurie		
		<b>Cardio PLUS</b> Room 1 - Cheryl / Heather	<b>Yoga 4 Dudes</b> Education Room - Casey	<b>Aqua Fitness</b> Pool - Miriam		
6:15 PM	<b>Aqua Zumba</b> Pool - Carol (June & July)	<b>PUMP</b> Room 2 - Brenda	<b>Aqua Zumba</b> Pool - Carol	<b>Strong</b> Room 1 - Claudia		
	<b>Gentle Vinyasa Yoga</b> Education Room - Wanda	<b>Yoga Flow</b> class 1st Tues of month Education Room - Carol		<b>Yoga Flow</b> No class 1st Thurs of month Education Room - Carol		
				<b>Step Fitness</b> Room 2 - Cheryl		
6:30 PM	<b>ZUMBA</b> Room 2 - Megan (55 min)	<b>Aqua Kickbox</b> Miriam - Pool	<b>HIP HOP Cycle</b> Suzanne - Cycle Studio			
	<b>HIIT - The Basics</b> (6:40pm) Room 1 - Brian		<b>HIIT - 30 minutes</b> Room 2 - Brian			

**All Classes are 45-55 minutes unless otherwise noted.**

**Gym Hours of Operation:**  
**Mon-Thurs 4:45am - 9:00pm**  
**Friday 4:45am - 8:00pm**  
**Saturday 7:00am - 6:00pm**  
**Sunday 10:00am - 6:00pm**  
*All classes/instructors subject to change.*

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 478-477-2300  
 Facebook: Wellness Center Navicent Health  
[www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)  
 Instagram: wellnesscenternavicent  
 Live Schedule Now on Facebook - click on Schedule tab