




TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T. Fee Class - Various STRONG by Zumba Begins May 6 Room 2 - Claudia	H.E.A.T. Fee Class - Various Core & More Room 2 - Peggy	H.E.A.T. Fee Class - Various Quick & Dirty 30 Begins May 8 Room 2 - Claudia	H.E.A.T. Fee Class - Various Circuit Mash-up Room 2 - Peggy	H.E.A.T. Fee Class - Various Hurricane Begins May 10 Room 2 - Suzanne	8:00 AM Zumba Room 1 - Various
5:45 AM		Group Cycle Cycle Studio - Suni		MOi Cycle Cycle Studio-Suni		9:00 AM Group Cycle Cycle Studio -Maya R.I.P.P.E.D. Room 2 - various
6:30 AM			Hump Day, Stretched & Strong Room 1 - Miriam (May ONLY)			9:30 AM Aqua Kick Pool-Miriam
7:30 AM	Flexible Strength Room 1 - Miriam			Flexible Strength Room 1 - Miriam		10:15 AM Yoga Room 2 - various
8:30 AM		Yoga Room 1 - Lisa S. Group Cycle Cycle Studio-Maya		Fit Camp PLUS Room 2- Peggy MOi Cycle (55min.class) Cycle Studio-Maya	Yoga Room 2 - Lisa S. Group Cycle Cycle Studio - Dorothy	11:30am-1:30pm Family Swim for Members Only - see front desk
8:45 AM	Fit Camp 30 (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.				Sunday
9:00 AM	Group Cycle Cycle Studio - Dorothy		Group Cycle Cycle Studio - Adam R.I.P.P.E.D. Room 2 - Robin	Aqua Fitness Pool - Colby	Aqua Fitness Pool - Winnie	2:30 PM Group Cycle Cycle Studio - Various
9:30 AM	Yoga Strength Room 2 - Andi Aqua Fitness Pool - Colby	Cardio Strength Room 2 - Allison Aqua Fitness Pool -Winnie	Aqua Fitness Pool -Winnie	Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2 - Lisa M. Aqua Fitness Pool - Winnie	3:30 PM Zumba Room 2 - Courtney 4:30 PM Aqua Stand Up (check flyers) FEE for non-members Yoga Room 1 - Various
10:00 AM				Aqua Abs (30 min) Pool - Colby		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
10:15 AM			Pilates Room 1 - Maya			
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda Aqua Abs (30 min) Pool - Colby		SilverSneakers® CardioFit Room 2 - Wanda			
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		Thurs Pop Up Class Pilates 5:15 PM, Education Room May 16 ,23 & 30 ONLY		
4:30 PM	EVENING CLASSES					
5:30 PM	Sports Conditioning Room 2 - Dwight R.I.P.P.E.D. Room 1 - Lisa M.	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2- Cheryl	Friday Pop Up Classes Bolly X Friday, May 3, 5:30 PM, Room 2 Disco Double Step Friday, May 17 5:30 PM, Room 2	Restorative Yoga Room 1 - Jessica
6:00 PM	H.E.A.T. Fee Class - Various Group Cycle Cycle studio - Adam Aqua Fitness Pool - Kelsie	H.E.A.T. Fee Class - Various Revolution Cycle Cycle Studio - Laurie Cardio PLUS Room 1 - Cheryl / Heather	H.E.A.T Open House - FREE! Sign up at front desk R.I.P.P.E.D. Room 1-various Yoga 4 Dudes Education Room - Casey	H.E.A.T. Fee Class - Various Revolution Cycle Cycle Studio - Laurie Aqua Fitness Pool - Miriam		
6:15 PM	Gentle Vinyasa Yoga Education Room - Wanda	PUMP Room 2- Brenda Yoga Flow class 1st Tues of month Education Room - Carol	Aqua Zumba Pool - Carol	Strong (May only) Room 2 - Claudia 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) HIIT - The Basics (6:40pm) Room 1 - Brian	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio HIIT - 30 minutes 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.

3797 Northside Drive, Macon GA
 478-477-2300
 Facebook: Wellness Center Navicent Health
 www.navicenthealth.org/wellnesscenter
 Instagram: wellnesscenternavicenthealth
 Live Schedule Now on Facebook - click on Schedule tab



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



See our NEW Video Tour on YouTube: Wellness Center Navicent Health