



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	H.E.A.T. (Must Sign up) Fee Class - Various		H.E.A.T. (Must Sign up) Fee Class - Various		H.E.A.T. (Must Sign up) Fee Class - Various	8:00 AM Zumba Room 1 - Various
	PUMP Room 2 - Laurie	Core & More Room 2 - Peggy	Quick & Dirty 30 Room 2 - Peggy	Circuit Mash-up Room 2 - Peggy	Hurricane Room 2 - Suzanne	9:00 AM R.I.P.P.E.D. Room 2 - Staff - 1 hour
5:45 AM		Group Cycle Cycle Studio-Suni		MOi Cycle Cycle Studio-Suni		H.E.A.T. (Must Sign up) Fee Class - Various
6:30 AM			Hump Day, Stretched & Strong Room 1 - Miriam			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 - Staff	Pilates Room 1 - Mava	Fit Camp PLUS Room 2- Peggy	Yoga Room 2 - Lisa S.	11:30am-1:30pm Family Swim for Members Only - see front desk
		Group Cycle Cycle Studio-Maya	If you are new to cycle, please come 10 minutes early for bike set up	MOi Cycle (55min.class) Cycle Studio-Maya	Group Cycle Cycle Studio - Dorothy	Sunday
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.				2:30 PM Group Cycle Cycle Studio - Dorothy
9:00 AM	Group Cycle Cycle Studio - Dorothy		Group Cycle Cycle Studio - Adam			3:30 PM Zumba Room 2 - Carol
	Aqua Fitness Pool - Miriam				4:30 PM Aqua Stand Up (check flyers) FEE for non-members	
9:30 AM	Yoga Strength Room 2 - Lisa S	Cardio Strength Room 2 - Allison	R.I.P.P.E.D. Room 2 - Robin - 55 min	Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2- Lisa M.	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 highlighted in GREEN - see front desk 30 minute classes highlighted in yellow. Try 1 for a quick workout or tag 1 onto another class
		Aqua Fitness Pool -Winnie	Aqua Fitness Pool -Lisa M.	Aqua Fitness Pool - Winnie	Aqua Fitness Pool - Winnie	
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda			
11:00 AM		SilverSneakers® Stability Room 2 - Wanda		SilverSneakers® Stability Room 2 - Winnie	SilverSneakers® CardioFit Room 2 - Wanda	
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 -Paula		Zumba Light Room 2 -Paula		
2:30 PM		TAI CHI (30 min) Room 2 - Sandra		TAI CHI (30 min) Room 2 - Paula		
EVENING CLASSES						
4:30 PM					Restorative Yoga Room 1 - Jessica	
5:15 PM				Pilates Education Room - Irene		
5:30 PM	Sports Conditioning Room 2 - Dwight	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2- Cheryl	Just in time for the holidays! Meditation & Mindfulness Classes Tuesdays, 9:30 am, Rm 1 Nov 5, 12, 19, 26 only See flyers in lobby	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
	R.I.P.P.E.D. Room 1 - Lisa M. - 1 hour					
6:00 PM		H.E.A.T. (Must Sign up) Fee Class - Various		H.E.A.T. (Must Sign up) Fee Class - Various		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.
	Group Cycle Cycle studio - Adam	Revolution Cycle Cycle Studio - Laurie	R.I.P.P.E.D. Room 1-various - 1 hour	Revolution Cycle Cycle Studio - Laurie		
6:15 PM		Cardio PLUS Room 1 - Cheryl / Heather	Yoga 4 Dudes Education Room - Nathan (1 hr)	Aqua Fitness Pool - Miriam		
	Aqua Zumba Pool - Carol	PUMP Room 2- Brenda	Aqua Zumba Pool - Carol	Yoga Flow Education Room - Carol		
6:30 PM	Gentle Vinyasa Yoga Education Room - Wanda	Yoga Flow Education Room - Carol <small>class 1st Tues of month</small>		Step Fitness Room 2 - Cheryl		
	ZUMBA Room 2 - Megan (55 min)	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio			
	HIIT - The Basics (6:40pm) Room 1 - Brian		HIIT - 30 minutes Room 2 - Brian			



3797 Northside Drive, Macon GA
478-477-2300
Facebook: Wellness Center Navicent Health
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