



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
5:45 AM		Core & More Room 2 - Peggy		Circuit Mash-up Room 2 - Peggy		9:00 AM R.I.P.P.E.D. Room 2 - various
6:30 AM		Group Cycle Cycle Studio- Suni	Hump Day, Stretched & Strong Room 1 - Miriam	MOi Cycle Cycle Studio-Suni		H.E.A.T. Fee Class - Various
7:30 AM	Flexible Strength Room 1 - Miriam			Flexible Strength Room 1 - Miriam		9:30 AM Aqua Kick Pool-Miriam
8:30 AM		Yoga Room 1 - Casey	Pilates Room 1 - Maya	Fit Camp PLUS Room 2 - Peggy	Yoga Room 2 - Lisa S.	10:15 AM Yoga Room 2 - various
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.	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	11:30am-1:30pm Family Swim for Members Only - see front desk
9:00 AM	Group Cycle Cycle Studio - Dorothy			Group Cycle Cycle Studio - Adam		
9:30 AM	Yoga Strength Room 2 - Lisa S	Cardio Strength Room 2 - Allison	R.I.P.P.E.D. Room 2 - Robin	Yoga Room 1 - Jessica	Step Fitness-1 hr Room 2 - Lisa M.	2:30 PM Group Cycle Cycle Studio - Dorothy
10:15 AM		Aqua Fitness Pool -Winnie	Aqua Fitness Pool -Lisa M.	Aqua Fitness Pool - Winnie	Aqua Fitness Pool - Winnie	3:30 PM Zumba Room 2 - Carol
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda			4:30 PM Aqua Stand Up (check flyers) FEE for non-members
11:00 AM		SilverSneakers® Stability Room 2 - Wanda		SilverSneakers® Stability Room 2 - Winnie	SilverSneakers® CardioFit Room 2 - Wanda	Yoga Room 1 - Various
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						
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		
6:00 PM	R.I.P.P.E.D. Room 1 - Lisa M.	H.E.A.T. Fee Class - Various		H.E.A.T. Fee Class - Various		
6:15 PM	Group Cycle Cycle studio - Adam	Revolution Cycle Cvcle Studio - Laurie	R.I.P.P.E.D. Room 1-various	Revolution Cycle Cvcle Studio - Laurie		
6:30 PM	Aqua Zumba Pool - Carol	Cardio PLUS Room 1 - Cheryl / Heather	Yoga 4 Dudes Education Room - Casey	Aqua Zumba Pool - Carol	Yoga Flow Education Room - Carol	
	Gentle Vinyasa Yoga Education Room - Wanda	Yoga Flow class 1st Tues of month Education Room - Carol			Step Fitness Room 2 - Cheryl	
	ZUMBA Room 2 - Megan (55 min)	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio			
	HIIT - The Basics (6:40am) Room 1 - Brian		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: wellnesscenternavicent

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