



Group Fitness Schedule NEW YEAR 2019

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	7:30 AM MOi Cycle (winter only) Cycle Studio-Suni
5:45 AM		Core & More Room 2 - Peggy		Circuit Mash-up Room 2 - Peggy		8:00 AM Zumba Room 1 - Various
7:30 AM	Flexible Strength Room 1 - Miriam	Group Cycle Cycle Studio - Suni	Yoga Stretch Room 1 - Wanda	MOi Cycle Cycle Studio-Suni		Aqua Stand Up (check flyers) FEE CLASS-Variou
8:30 AM		Yoga Room 1 - Lisa S.	Check out Facebook for our BootCamps that happen throughout the year. See flyers for HEAT class information and Aqua Stand Up information	Flexible Strength Room 1 - Miriam	Yoga Room 2 - Lisa S.	9:00 AM Group Cycle Cycle Studio -Maya
8:45 AM	Fit Camp 30 (30 minutes) Room 1 - Peggy	Group Cycle Cycle Studio-Maya		Fit Camp PLUS Room 2 - Peggy	MOi Cycle (55min.class) Cycle Studio-Maya	R.I.P.P.E.D. Room 2 - various
9:00 AM	Group Cycle Cycle Studio - Various	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		10:15 AM Yoga Room 2 - 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.	Sunday
10:00 AM	Aqua Fitness Pool - Colby	Aqua Fitness Pool -Lisa M		Aqua Abs (30 min) Pool - Colby		2:30 PM Group Cycle Cycle Studio - Various
10:15 AM			Pilates Room 1 - Maya		NEW CLASS! STRONG 30 Get a total body workout in 30 minutes, using only your body weight! Fridays, 11:15AM, Room 1 (Jan. 11, 18 & 25 only)	3:30 PM Zumba Room 2 - Courtney
10:30 AM	SilverSneakers® CardioFit Room 2 - Wanda		SilverSneakers® CardioFit Room 2 - Wanda			4:30 PM Aqua Stand Up (check flyers) FEE CLASS-Variou
11:00 AM	Aqua Abs (30 min) Pool - Colby	SilverSneakers® Stability Room 2 - Wanda		SilverSneakers® Stability Room 2 - Winnie		Yoga Room 1 - Various
11:30 AM	SilverSneakers® Classic Room 2 - Brenda		SilverSneakers® Circuit Room 2 - Robin			Find up to date programming and events on Facebook - Wellness Center
12 NOON		SilverSneakers® Yoga Room 2 - Sandra		SilverSneakers® Yoga Room 2 - Sandra		Note all gym signage for changes/additions to classes or for specialty programming.
12:30 PM	SilverSneakers® Circuit Room 2 - Sandra		SilverSneakers® Classic Room 2 - Sandra			RED indicates new class or change
1:00 PM						SilverSneakers classes in PURPLE
1:30 PM		Zumba Light Room 2 - Diane		Zumba Light Room 2 -Paula		Aqua classes in BLUE
2:30 PM		TAI CHI (30 min) Room 2 - Sandra				FEE CLASSES highlighted in GREEN - see front desk
EVENING CLASSES						
4:30 PM					Restorative Yoga Room 1 - Jessica	30 minute classes highlighted in yellow. Try 1 for a quick workout or tag 1 onto another class
5:30 PM	Sports Conditioning Room 2 - Dwight	30 Minute Abs Room 2 - Brian	Hard Bodies Room 2 - Dwight	Barre Above Room 2 - Cheryl		Child's Play: Limit Child's Play to 2 hours per day
6:00 PM	R.I.P.P.E.D. Room 1 - Lisa M.					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
6:15 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		See our NEW Video Tour on YouTube: Wellness Center Navicent Health Video Tour
6:30 PM	Group Cycle Cycle studio - Adam	Cardio PLUS Room 1 - Cheryl/ Heather	R.I.P.P.E.D. Room 1-various	Group Cycle Cycle Studio - Various		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 <i>All classes/instructors subject to change.</i>
6:30 PM	Aqua Fitness Pool - Kelsie		Yoga 4 Dudes Education Room - Casey	Aqua Fitness Pool - Miriam		
6:30 PM	Gentle Vinyasa Yoga Education Room - Wanda	PUMP Room 2 - Brenda	Aqua Zumba Pool - Carol			Facebook: Wellness Center Navicent Health 3797 Northside Drive, Macon GA 478-477-2300 www.navicenthealth.org/wellnesscenter
6:30 PM	Yoga Flow Jan 10, 17 & 31 ONLY Education Room - Carol	Yoga Flow Jan 15, 22 & 29 ONLY Education Room - Carol		Step Fitness Room 2 - Cheryl		Live Schedule Now on Facebook - click on Schedule tab
6:30 PM	ZUMBA Room 2 - Carol (55 min)	Aqua Kickbox Miriam - Pool	HIP HOP Cycle Suzanne - Cycle Studio			
7:00 PM	HIIT - The Basics (6:40nm) Room 1 - Brian		HIIT - 30 minutes Room 2 - Brian			