

# Group Fitness Schedule

Effective 6.1.2021

Use this color code to easily find classes based on format!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	<b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Catalina	<b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Annie	<b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Catalina	<b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Catalina	<b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Annie	9:00am <b>H.E.A.T.</b> (Must Sign Up) HEAT Rm - Annie
			<b>FIT Camp</b> Room 2 - Peggy	<b>Circuit Mash-up</b> Room 2 - Peggy		9:00am <b>FIT Happens</b> Room 2 - Various
5:45am		<b>Group Cycle</b> Outside - Suni				
7:00am					<b>Kettle Club</b> Room 1 - Matthew	9:30am <b>Aqua Kickboxing</b> Pool - Miriam
7:30am	<b>Smooth Moves</b> Room 1 - Miriam					10:30am <b>Yoga</b> Room 2 - Various
8:30am	<b>Group Cycle</b> Outside - Dorothy		<b>Group Cycle</b> Outside - Brandi		<b>Group Cycle</b> Outside - Dorothy	Sunday
	<b>Yoga Flow</b> Room 2 - Lisa S.				<b>Yoga Flow</b> Room 2 - Lisa S.	2:30pm <b>Group Cycle</b> Room 2 - Dorothy
9:30am	<b>Kickboxing</b> Room 2 - Rebecca	<b>Cardio Sculpt</b> Room 2 - Allison	<b>R.I.P.P.E.D.</b> Room 2 - Robin	<b>Yoga</b> Room 2 - Jessica	<b>Step Fitness</b> Room 2 - Cheryl Aqua Abs & Strength Pool - Miriam	3:30pm <b>DANCE Happens</b> Room 2 - Various
	<b>Aqua Fitness</b> Pool - Miriam		<b>Aqua Fitness</b> Pool - Matthew	<b>Aqua Fitness</b> Pool - Matthew		
	<b>la-H.E.A.T.</b> (must sign up) HEAT Rm - Catalina		<b>la-H.E.A.T.</b> (must sign up) HEAT Rm - Catalina			
10:30am	<b>SilverSneakers® Classic</b> Room 2 - Brenda	<b>SilverSneakers® Yoga</b> Room 2 - Sandra	<b>SilverSneakers® CardioFit</b> Room 2 - Sandra	<b>SilverSneakers® Yoga</b> Room 2 - Miriam	<b>SilverSneakers® CardioFit</b> Room 2 - Miriam	
11:00am	<b>SilverSneakers® CardioFit</b> Room 2 - Sandra		<b>SilverSneakers® Circuit</b> Room 2 - Robin	<b>SilverSneakers® Circuit</b> Room 2 - Robin		
1:45pm		<b>Latin Heat</b> Room 2 - Paula				
4:00pm				<b>Latin Heat</b> Room 2 - Paula		
4:30pm					<b>Restorative Yoga</b> Room 2 - Jessica	
5:30pm	<b>Zumba</b> Room 2 - Megan	<b>Yoga/Pilates</b> ER - Lisa S. / Irene <b>Abs &amp; More</b> (30 min class) Room 2 - Peggy				
		<b>Group Cycle</b> Cycle Studio - Brandi				
5:45pm	<b>Aqua Fitness</b> Pool - Kelsie <b>Cardio Strength</b> (45 min class) Room 1 - Brian		<b>Kettle Club</b> (45 min class) Room 2 - Brian	<b>FIT Happens</b> Room 1 - Various		
6:00pm			<b>Kickboxing</b> Room 1- Rebecca	<b>Step Fitness</b> Room 2 - Cheryl		
6:15pm		<b>Pump</b> Room 2 - Brenda	<b>Fire Cycle</b> Cycle Studio - Suzanne			
6:30pm				<b>Yoga Flow</b> Cycle Studio - Christina		



**Gym Hours of Operation:**  
 Mon-Thur 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 31210  
 478.477.2300  
[www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)

**Childcare**  
 Mon-Thur 4:30pm-7:30pm  
 Saturday 8:30am-12:30pm  
 \*\*Reservations Recommended

Class Formats and Instructors are subject to change. Always check the LIVE schedule on our website for the most up to date information.

[www.navicenthealth.org/wellnesscenter/group-fitness](http://www.navicenthealth.org/wellnesscenter/group-fitness)

### \*\*\*Lap Pool Information

Lap Swim and Therapeutic Swim/Walk is available by **RESERVATION ONLY**. Reservations can be made through the Member Portal.

**There will be no free swim available. You must make a reservation to use the pool outside of group Aqua classes.**