



Atrium Health Navicent

Good Health & Fitness Start Here

We are your 1-stop shop for everything needed to increase your fitness level and to physically be the best version of you. Each membership includes a health & fitness orientation program (Smart Start) tailored to your individual needs. This is included with your \$75 registration fee. There is a \$25 enhancement fee charged annually for new, upgraded and additional programs & services for our members. This fee is billed each spring.

Are you READY?

Macon Bibb Employees have 2 locations to choose from:

- The Wellness Center
- Fitness Center at Navicent Lofts.

To join either location, sign up is at the Wellness Center

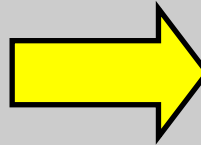
Click the links OR scan the QR code to see virtual video tours!

[The Wellness Center](#)

3797 Northside Drive Macon GA 31210

[Fitness Center at Navicent Lofts](#)

781 Spring St. 2nd floor, Macon GA 31201



See website for
GROUP FITNESS
class schedule

Hours of Operation:

Wellness Center:

Mon-Thurs 4:45am - 9:00pm//Friday 4:45am - 8:00pm

Saturday 7:00am - 6:00pm//Sunday 10:00am - 6:00pm

Fitness Center @Navicent Lofts: open 24/7

WAYS TO CONNECT:

Find us on Facebook:

Atrium Health Navicent Wellness Center

Website: www.navicenthealth.org/wellnesscenter

Instagram: [WellnessCenterAtrium_Macon](#)

APP store: Wellness Center Atrium

Phone: 478-477-2300

Email us: WellnessServiceMacon@AtriumHealth.org

Wellness Center

Fitness Activities

- 50+ Group Fitness Classes per week WC only (See website for all classes)
- Group Fitness Classes specifically for Senior adults
- Indoor Elevated Walking/Jogging Track
- Free Weights
- Strength Training Machines
- Computerized Bicycles
- Computerized Rowing Machines
- Computerized Stair Machines
- Elliptical Cross Trainers
- Treadmills

Pool

- Indoor, heated swimming pool—reservations required through member portal on website
- Aqua classes do not require reservations
- Lane 5—walking lane—do not require reservations
- Temp: 82-85
- No deep water; depth is 4'-4.5'
- Pool closes 30 minutes before gym closing

Locker Room Facilities

- Men's & Women's Locker Rooms
- Permanent & Day Lockers Available
- Showers
- Towel Service
- Dry Sauna—closes 30 minutes before gym closing

Child Care—(Wellness Center only)

FREE childcare (limited hours)

- Ages 6 weeks—10 yrs.

Massage Therapy 478-757-7808

(Wellness Center only)

- Gift Certificates available
- Tailored to your needs

Fitness Center at Navicent Lofts

Fitness Activities

- Fitness of Demand kiosk with over 1000 classes available—no live classes
- Free Weights
- Strength Training Machines
- Computerized Bicycles
- Computerized Rowing Machines
- Computerized Stair Machines
- Elliptical Cross Trainers
- Treadmills

Locker Room Facilities

- Men's & Women's Locker Rooms
- Day Lockers Available
- Showers
- Towel Service
- ◆ No Guests allowed at this facility
- ◆ 18 years and up only
- ◆ This facility is unstaffed and security monitored

MACON BIBB MEMBERSHIP:

- ⇒ \$14.20 per pay period, payroll deducted—choose 1 gym
- ⇒ \$75 registration fee paid by employee (FREE during open enrollment)
- ⇒ \$25 enhancement fee, 1 time per year, usually in the spring—paid by employee
- ⇒ Access to both gyms requires additional \$27 per month paid by employee



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