



SMALL GROUP TRAINING

Adult functional training program of 5 or less* per class. Well-rounded programs are designed by an experienced coach to promote optimal health and fitness. Each program is modified for your training level.

Coaches will guide and motivate you throughout the hour in our private H.E.A.T. Studio.

INVESTMENT OPTIONS

Unlimited Membership

Members: \$120/month (auto-draft)

Non-members: \$168/month (auto-draft)

Includes unlimited visits to all H.E.A.T. classes.

Single Classes

Members: \$10/class

Non-members \$15/class

12-Visit Punch Card

Members: \$84 (\$7/visit)

Non-members: \$120 (\$10/visit)

**No expiration date*

- ◆ First class is FREE!
- ◆ Online reservations are required. See Front Desk for instructions.
- ◆ Each new participant is eligible to receive a free health assessment. Assessment will include body composition analysis, goal setting and health coaching. Valued at \$70.
- ◆ See reverse side for all programming options.

** la-HEAT maximum capacity of 8 participants*

3797 Northside Drive, Macon, GA 31210 478.477.2300

www.navicenthealth.org/wellnesscenter



WellnessCenter

NavicentHealth

Adult functional training groups are led by experienced coaches and designed to help you move better and reach your health and fitness goals. At the Wellness Center we design well-rounded programs and modify them to your training level. Each program is led by a coach who will guide and motivate you throughout the hour so you can reach your full potential.



CLASS SCHEDULE

Monday-Friday

5:30AM—6:30AM

Saturday

9:00AM

The 1-hour session is split up into a movement preparation phase and a training phase tailored to the adult population and athletes, alike.

The movement preparation phase starts with soft tissue work, active stretching, and places an emphasis on movement quality. This is followed by a dynamic warm-up involving low load and controlled movements in an ideal posture to activate the muscles and ensure that joints start and remain in proper alignment prior to entering the training phase.

The training phase consists of circuit training incorporating multi-planar movements to ensure well-rounded strength, and heart-healthy conditioning. Circuit training uses kettlebells, dumbbells, bands, TRX suspension trainers and more, while heart-healthy conditioning can be anything from riding bikes, pushing sleds, or slamming ropes.



CLASS SCHEDULE

Monday & Wednesday

10:30AM—11:30AM

This program is for women only and focuses on basic movements to ensure health and longevity. Great for adults with movement limitations, are post-rehab, or those new to resistance training. The 1-hour session is split up into a movement preparation phase and training phase.

The movement preparation phase starts with soft tissue work, active stretching, and balance training with an emphasis on movement quality. A dynamic warm-up, involving low load and controlled movements in an ideal posture to activate the muscles and ensures that joints start and remain in proper alignment, concludes the movement preparation phase.

The training phase consists of three to four circuits focused on basic, multi-planar movement patterns and core stability to ensure well-rounded strength and heart healthy conditioning.