**PERSONAL TRAINING**

The motivation, expertise, and skill of our degreed and certified personal trainers will make the most out of your time at the gym. Choose 1 session or unlimited sessions to fit your needs.

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>1 hour</th>
<th>30 minutes</th>
<th>Member Rates</th>
<th>Non-Member Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>$55</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>12</td>
<td>$295</td>
<td>$405</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>20</td>
<td>$480</td>
<td>$645</td>
<td></td>
</tr>
</tbody>
</table>

Personal Training rates effective August 1, 2019

**SMALL GROUP TRAINING**

High Energy Active Training, or H.E.A.T, is a cross between a group fitness class and personal training. This is a small group of 8 or less per class with hands-on personal service from an experienced, certified trainer in our exclusive small group training room! You WILL see changes and you will FEEL those changes being made.

**Single Classes:**
- Members $10/class
- Non-members $15/class

**4 –Visit Punch Card (15% off):**
- Members: $34 ($8.50/visit)
- Non-members $52 ($13/visit)
- No expiration date

**12-Visit Punch Card (30% off):**
- Members: $84 ($7/visit)
- Non-members: $120 ($10/visit)
- No expiration date

Sign up or cancel 24 hours in advance hours so those on the waiting list can take classes
No shows will be charged for the class
Rates effective July 1, 2019

**Classes are 1 hour**

**MORNINGS:**
- Mondays / Wednesdays / Fridays
- 5:30-6:30 AM

**EVENINGS:**
- Tuesdays / Thursdays
- 6:00-7:00 PM

Some Saturdays
- 9:00-10:00 AM—check schedule

(Any NEW participants are FREE for a class, but you must sign up in advance)
SIGN UP AT www.navicenthealth.org/wellnesscenter—click on group fitness—find HEAT and sign up!

3797 Northside Drive, Macon GA, 478-477-2300
www.navicenthealth.org/wellnesscenter
Facebook—Wellness Center Navicent Health
YouTube: HEAT Wellness Center Navicent Health

HEAT rates effective October 1, 2019