

The Fitness Center at Kernersville Group Exercise Class Schedule January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm Contact Information Phone: 336-992-1700 hpfitnesscenterkvaillAHWFB@advocatehealth.org		THERAPY POOL is for therapeutic exercise only Physical Therapy will have use of the pool at various times Mon-Thurs. <i>please be mindful there is partial use/no use of pool</i>	1  CLOSED	2 5:45a No Class 9:15 AquaFit Laura 9:15 No Class 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 No Class 12:00 YinYoga Julie 1:00 Yogalates Julie	3 9:30 PilatesBarre Lori Fusion 10:30 Zumba Christine
Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure		Please Note: ISR will be held 2:30pm - 5:30pm Mon-Fri in open lanes of lap pool. Swim lesson - Sat 10a-2p			
5	6	7	8	9	10
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFit*** Susan 6:00 Cardio-Dance Shannon	8:45 No Class 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 No Class 10:45 SeniorFit*** Susan 12:00 Choice Yoga Julie 1:00 YinYoga Julie 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre Strength Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:15p Zumba 45 min. Shannon 6:15 Full-body HIIT Jalil	8:45 Cycle Kelly 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 5:30 PilatesBarre Fusion Lori 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 SeniorsInMotion Saylor 12:00 YinYoga Julie 1:00 Yogalates Julie	8:30 Strength Natalie 9:30 Cycle Natalie 9:30 PilatesBarre Lori Fusion 10:30 Zumba Shannon
12	13	14	15	16	17
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19	20	21	22	23	24
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26	27	28	29	30	31
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12/26/25

*Please note - classes may change after this posting. Please check on our Facebook page or front desk