

The Fitness Center at Kernersville Group Exercise Class Schedule May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> 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 hpfitnesscenterkvl@AHWFB@advocatehealth.org </div>			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 5:45a Functional Strength Training <i>Morgan</i> 9:15 AquaFit <i>Laura</i> 9:15 Barre Strength <i>Morgan</i> 10:15 Beginner Yoga <i>Julie</i> 11:15 Chair Yoga+ <i>Julie</i> 12:00 Yogalates <i>Julie</i> 1:00 YinYoga <i>Julie</i> 2:00 Tai Chi walking <i>Julie</i>	2 10:30 Zumba <i>Shannon</i>
			Please Note: Swim Lesson will be held 2:30pm - 5:30pm Mon-Fri in open lanes of lap pool. some Sat 10a-2p		Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure	
4	5	6	7	8	9	
5:45a Functional Strength Training <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 AquaFit <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers® <i>Liz</i> 11:15 SeniorFit*** <i>Susan</i> 12:30 Yoga <i>Melaina</i> 6:00 Cardio-Dance <i>Shannon</i>	8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 SlowRide <i>Kelly</i> 10:45 SeniorFit*** <i>Susan</i> 12:00 Beginner Yoga <i>Julie</i> 1:00 Yoga All levels <i>Julie</i> 2:00 Tai Chi walking <i>Julie</i> 6:00 AquaFit <i>Laura</i>	5:45a Barre Strength <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 AquaFit <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers® <i>Liz</i> 11:00 YOGA <i>Melaina</i> 12:15 Zumba <i>Christine</i> 6:05 Full-body HIIT <i>Jalil</i>	8:45 Cycle <i>Kelly</i> 9:00 Yoga <i>Melaina</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Kelly</i> 10:00 SilverSneakers® <i>Janée</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 6:00 AquaFit <i>Laura</i>	5:45a Functional Strength Training <i>Morgan</i> 9:15 AquaFit <i>Laura</i> 9:15 Barre Strength <i>Morgan</i> 10:15 Beginner Yoga <i>Julie</i> 11:15 Chair Yoga+ <i>Julie</i> 12:00 Yogalates <i>Julie</i> 1:00 YinYoga <i>Julie</i> 2:00 Tai Chi walking <i>Julie</i>	8:30 Stength <i>Natalie</i> 9:00 AquaFit <i>Susan</i> 10:30 Zumba <i>Christine</i>	
11	12	13	14	15	16	
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18	19	20	21	22	23	
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25	26	27	28	29	30	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> Memorial Day Hours 8:00am - 4:00pm </div> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers® <i>Liz</i> 11:15 SeniorFit*** <i>Susan</i> 12:30 Yoga <i>Melaina</i>	8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 SlowRide <i>Kelly</i> 10:45 SeniorFit*** <i>Susan</i> 12:00 Beginner Yoga <i>Julie</i> 1:00 Yoga All levels <i>Julie</i> 2:00 Tai Chi walking <i>Julie</i> 6:00 Total Body Strgth <i>Kelly</i> 6:00 AquaFit <i>Laura</i>	5:45a Barre Strength <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 AquaFit <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers® <i>Liz</i> 11:00 YOGA <i>Melaina</i> 12:15 Zumba <i>Shannon</i> 6:05 Full-body HIIT <i>Jalil</i>	8:45 Cycle <i>Kelly</i> 9:00 Yoga <i>Melaina</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Kelly</i> 10:00 SilverSneakers® <i>Janée</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 6:00 Total Body Strgth <i>Kelly</i> 6:00 AquaFit <i>Laura</i>	5:45a Functional Strength Training <i>Morgan</i> 9:15 AquaFit <i>Laura</i> 9:15 Barre Strength <i>Morgan</i> 10:15 Beginner Yoga <i>Julie</i> 11:15 Chair Yoga+ <i>Julie</i> 12:00 Yogalates <i>Julie</i> 1:00 YinYoga <i>Julie</i> 2:00 Tai Chi walking <i>Julie</i>	9:00 AquaFit <i>Susan</i>	