The Fitness Center at Kernersville Group Exercise Class Schedule October 2026

Facility Hours

Mon.-Thurs: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm
Saturdays: 8:00am - 4:00pm
Sunday: 12:00pm - 6:00pm

Contact Information
Phone: 336-992-1700
hpfitnesscenterkvillAHWFB@advocatehealth.org

Please Note:
Swim Lesson will be held 1:30pm - 5:30pm Mon-Fri in open lanes of lap pool

THERAPY POOL
Is for therapeutic exercise only
Physical Therapy will have use of the pool at various times Mon-Thurs.
please be mindful there is partial use/no use of pool

Indoor Pool Area Closed
Every Tuesday: 7:00 a.m.-9:00 a.m.
Everyday: 15 minutes prior to facility closure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	**2**	**3**
			9:00 **Yoga** *Melaina* 9:15 *No class* 9:45 **SlowRide** *Kelly* 10:00 **SilverSneakers®** *Janée* 10:30 **Zumba** *Christine* 6:00 **Bootcamp** *Xavier*	5:45a **Functional Strength Training** *Morgan* 9:00 **Barre Strength** *Morgan* 10:00 **Chair Yoga+** *Julie* 11:00 **Beginner Yoga** *Julie* 12:00 **Tai Chi walking** *Julie* 1:00 **Yogalates** *Julie* 2:00 **Beginner Tai Chi** *Julie*	10:30 **Zumba** *Christine*
5	**6**	**7**	**8**	**9**	**10**
5:45a **Functional Strength Training** *Morgan* 8:00 **Aqua FlexBar** *Debbie* 9:15 **AquaFit** *Debbie* 9:15 *No Class* 10:00 **SilverSneakers®** *Liz* 11:15 **SeniorFIt***** *Susan* 12:30 *No Class* 6:00 **AquaFIt** *Debbie* 6:00 **Cardio-Dance** *Shannon*	9:15 **AquaFIt** *Debbie* 9:30 **Zumba** *Shannon* 9:45 *No Class* 10:45 **SeniorFIt***** *Susan* 12:00 *No Class* 1:00 *No Class* 6:00 **Total Body Strgth** *Lori*	5:45a **Barre Strength** *Morgan* 8:00 **Aqua FlexBar** *Debbie* 9:15 **AquaFit** *Debbie* 9:15 *No Class* 10:00 **SilverSneakers®** *Liz* 11:00 *No Class* 6:00 **AquaFIt** *Debbie* 6:05 **THE Doghouse** *Jalil*	9:00 *No Class* 9:15 **AquaFIt** *Debbie* 9:45 *No Class* 10:00 **SilverSneakers®** *Janée* 10:30 **Zumba** *Shannon* 6:00 **Bootcamp** *Xavier*	5:45a **Functional Strength Training** *Morgan* 9:00 **Barre Strength** *Morgan* 10:00 *No Class* 11:00 *No Class* 12:00 *No Class* 1:00 *No Class* 2:00 *No Class*	9:00 **AquaFit** *Susan* 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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*Please note - classes may change after this posting. Please check on our Facebook page or front desk

9/30/26