

The Fitness Center at Kernersville Group Exercise Class Schedule September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
		5:45a Barre Strength <i>Morgan</i>		5:45a Functional Strength Training <i>Morgan</i>	
		8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>		
	9:15 AquaFit <i>Debbie</i>	9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>		
	9:30 Zumba <i>Shannon</i>	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	9:15 Barre Strength <i>Morgan</i>	9:00 OutdoorAqua <i>Susan</i>
	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:00 SilverSneakers® <i>Janée</i>	10:15 Chair Yoga+ <i>Julie</i>	
	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	10:45 Zumba <i>Christine</i>	11:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Christine</i>
	12:00 Beginner Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>	12:00 Zumba Gold <i>Christine</i>	12:00 Tai Chi walking <i>Julie</i>	
	1:00 Yoga All levels <i>Julie</i>			1:00 Yogalates <i>Julie</i>	
	2:00 Tai Chi walking <i>Julie</i>			2:00 Beginner Tai Chi <i>Julie</i>	
	6:00 Total Body Strgth <i>Lori</i>		5:30 Bootcamp <i>Xavier</i>		
	6:00 AquaFit <i>Debbie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 No Class		
7	8	9	10	11	12
Labor Day Hours 8:00am - 4:00pm		5:45a Barre Strength <i>Morgan</i>		5:45a Functional Strength Training <i>Morgan</i>	
		8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>		
	9:15 AquaFit <i>Debbie</i>	9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>		8:30 Strength <i>Natalie</i>
	9:30 Zumba <i>Christine</i>	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	9:15 Barre Strength <i>Morgan</i>	9:00 OutdoorAqua <i>Susan</i>
	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:00 SilverSneakers® <i>Janée</i>	10:15 Chair Yoga+ <i>Julie</i>	
9:15 Power Pump <i>Sheila</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	10:45 Zumba <i>Shannon</i>	11:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Shannon</i>
	12:00 Beginner Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>	12:00 Zumba Gold <i>Shannon</i>	12:00 Tai Chi walking <i>Julie</i>	
11:15 SeniorFit*** <i>Susan</i>	1:00 Yoga All levels <i>Julie</i>			1:00 Yogalates <i>Julie</i>	
12:30 Yoga <i>Melaina</i>	2:00 Tai Chi walking <i>Julie</i>			2:00 Beginner Tai Chi <i>Julie</i>	
	6:00 Total Body Strgth <i>Lori</i>		5:30 Bootcamp <i>Xavier</i>		
	6:00 AquaFit <i>Debbie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Debbie</i>		
14	15	16	17	18	19
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>		5:45a Functional Strength Training <i>Morgan</i>	
8:00 Aqua FlexBar <i>Debbie</i>		8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>		8:30 Stength <i>Natalie</i>
9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>		
9:15 Power Pump <i>Sheila</i>	9:30 Zumba <i>Christine</i>	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	9:15 Barre Strength <i>Morgan</i>	
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:00 SilverSneakers® <i>Janée</i>	10:15 Chair Yoga+ <i>Julie</i>	
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	10:45 Zumba <i>Christine</i>	11:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Christine</i>
12:30 Yoga <i>Melaina</i>	12:00 Beginner Yoga <i>Julie</i>	12:15 Zumba <i>Christine</i>	12:00 Zumba Gold <i>Christine</i>	12:00 Tai Chi walking <i>Julie</i>	
	1:00 Yoga All levels <i>Julie</i>			1:00 Yogalates <i>Julie</i>	
	2:00 Tai Chi walking <i>Julie</i>			2:00 Beginner Tai Chi <i>Julie</i>	
6:00 Cardio-Dance <i>Shannon</i>	6:00 Total Body Strgth <i>Lori</i>		5:30 Bootcamp <i>Xavier</i>		
	6:00 AquaFit <i>Debbie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Debbie</i>		
21	22	23	24	25	26
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>		5:45a Functional Strength Training <i>Morgan</i>	
8:00 Aqua FlexBar <i>Debbie</i>		8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>		
9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>		
9:15 Power Pump <i>Sheila</i>	9:30 Zumba <i>Christine</i>	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	9:15 Barre Strength <i>Morgan</i>	
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:00 SilverSneakers® <i>Janée</i>	10:15 Chair Yoga+ <i>Julie</i>	
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	10:45 Zumba <i>Christine</i>	11:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Shannon</i>
12:30 Yoga <i>Melaina</i>	12:00 Beginner Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>	12:00 Zumba Gold <i>Christine</i>	12:00 Tai Chi walking <i>Julie</i>	
	1:00 Yoga All levels <i>Julie</i>			1:00 Yogalates <i>Julie</i>	
	2:00 Tai Chi walking <i>Julie</i>			2:00 Beginner Tai Chi <i>Julie</i>	
6:00 Cardio-Dance <i>Shannon</i>	6:00 Total Body Strgth <i>Lori</i>		5:30 Bootcamp <i>Xavier</i>		
	6:00 AquaFit <i>Debbie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Debbie</i>		
28	29	30			
5:45a Functional Strength Training <i>Morgan</i>		5:45a Strength <i>Sheila</i>	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 hpfitnesscenterkvtlAHWFB@advocatehea lth.org		
8:00 Aqua FlexBar <i>Debbie</i>		8:00 Aqua FlexBar <i>Debbie</i>			
9:15 OutdoorAqua <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 OutdoorAqua <i>Debbie</i>			
9:15 Power Pump <i>Sheila</i>	9:30 Zumba <i>Christine</i>	9:15 Power Pump <i>Sheila</i>			
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>			
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	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>		
12:30 Yoga <i>Melaina</i>	12:00 Beginner Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>			
	1:00 Yoga All levels <i>Julie</i>				
	2:00 Tai Chi walking <i>Julie</i>				
	6:00 Total Body Strgth <i>Lori</i>				
6:00 Cardio-Dance <i>Shannon</i>	6:00 AquaFit <i>Debbie</i>	6:05 Full-body HIIT	Please Note: Swim Lesson will be held 1:30pm - 5:30pm Mon-Fri in open lanes of lap pool inclement weather days		

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

8/26/26