

The Fitness Center at Kernersville Group Exercise Class Schedule October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
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 hpfitnesscenterkernvilleAHWFB@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>	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
Please Note: Swim Lesson will be held 1:30pm - 5:30pm Mon-Fri in open lanes of lap pool		Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure			
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
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 12:30 No Class Melaina 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 Power Pump Sheila 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	
19	20	21	22	23	24
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 12:30 Yoga Melaina 6:00 AquaFit Debbie 6:00 Cardio-Dance Shannon	9:15 AquaFit Debbie 9:30 Zumba Shannon 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 12:00 Tai Chi walking Julie 1:00 Beginner Tai Chi Julie 6:00 Lori 6:00 Total Body Strgth Lori	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 6:00 AquaFit Debbie 6:05 THE Doghouse Jalil	9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 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 Chair Yoga+ Julie 11:00 Beginner Yoga Julie 12:00 Tai Chi walking Julie 1:00 Beginner Tai Chi Julie 2:00 Yogalates Julie	9:00 AquaFit Susan 10:30 Zumba Shannon
26	27	28	29	30	31
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 12:30 Yoga Melaina 6:00 AquaFit Debbie 6:00 Cardio-Dance Shannon	9:15 AquaFit Debbie 9:30 Zumba Shannon 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan Fitness Instructor Celebration 11:30 am 12:00 Tai Chi walking Julie 1:00 Beginner Tai Chi Julie 6:00 TotalBody Strgth Sheila	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 6:00 AquaFit Debbie 6:05 THE Doghouse Jalil	9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 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 Chair Yoga+ Julie 11:00 Beginner Yoga Julie 12:00 Tai Chi walking Julie 1:00 Beginner Tai Chi Julie 2:00 Yogalates Julie	10:30 Zumba Shannon

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

10/7/26