


The Fitness Center at Kernersville Group Exercise Class Schedule November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p align="center">Facility Hours</p> <p>Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm</p> <p>Contact Information</p> <p>Phone: 336-992-1700 hpfitnesscenterkernersville@advocatehealth.org</p> </div> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p align="center">Please Note:</p> <p>ISR will be held 3:00pm - 5:30pm Mon-Fri in open lanes of lap pool. Swim lesson - Sat 10a-2p</p> </div> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p align="center">THERAPY POOL</p> <p align="center">Is for therapeutic exercise only</p> <p align="center">Physical Therapy will have use of the pool at various times Mon-Thurs.</p> <p align="center"><i>please be mindful there is partial use/no use of pool</i></p> </div> </div>					1
					8:30 Cycle Kelly 9:30 PilatesBarre Fusion Lori 10:30 Zumba Christine
3	4	5	6	7	8
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 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 Total Body Strgth Sheila 6:00 No Class	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre 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 1:15 Yoga Melaina 5:30 PilatesBarre Fusion Lori 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 Barre Lori 10:00 Restore cycle rm Dustin 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 SeniorsInMotion Saylor 12:00 YinYoga Julie 1:00 Yogalates Julie	8:30a Cycle Natalie 9:00 AquaFITFit Susan 10:30 Zumba Shannon
10	11	12	13	14	15
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 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 No Class 6:00 No Class	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre 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 1:15 Yoga Melaina 5:30 PilatesBarre Fusion Lori 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:00 Restore cycle rm Dustin 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 SeniorsInMotion Saylor 12:00 YinYoga Julie 1:00 Yogalates Julie	8:30a Cycle Natalie 9:00 AquaFITFit Susan 9:30 PilatesBarre Fusion Lori 10:30 Zumba Christine
17	18	19	20	21	22
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 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 Total Body Strgth Natalie 6:00 Cycle Natalie	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 No SS class 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 1:15 Yoga Melaina 5:30 No Class 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:00 Restore cycle rm Dustin 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 No Class 12:00 YinYoga Julie 1:00 Yogalates Julie	8:30 Cycle Kelly 9:30 PilatesBarre Fusion Lori 10:30 Zumba Shannon
24	25	26	27	28	29
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 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 Total Body Strgth Natalie 6:00 Cycle Natalie	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre 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 Christine 5:15p Zumba 45 min. Christine 6:15 Full-body HIIT Jalil	 CLOSED	No Classes today <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Close at 6:00pm </div>	8:30 Cycle Kelly

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