

**The Fitness Center at Kernersville Group Exercise Class Schedule September 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p align="center"><b>Labor Day</b> 8:00am - 4:00pm</p> </div> 9:15 Power Pump Sheila  11:15 SeniorFit*** Susan	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 Strgrth Lori 6:00 AquaFit Laura	5:45a Barre Morgan  8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:00 YOGA Melaina  5:00p Zumba 45 min. Shannon 6:00 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  5:00 Barre Lori  6:00 AquaFit Laura	5:45a Functional Strength Training Morgan  9:15 Barre Morgan 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 Kelly    10:30 Zumba Christine
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua 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 Strgrth Lori 6:00 AquaFit Laura	5:45a Barre Morgan  8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:00 YOGA Melaina  5:00p Zumba 45 min. Christine 6:00 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  5:00 Barre Lori  6:00 AquaFit Laura	5:45a Functional Strength Training Morgan  9:15 Barre Morgan 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 9:30 Total Body Strength Natalie 9:15 OutdoorAqua Susan 10:30 Zumba Christine
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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<b>29</b>	<b>30</b>	<div style="border: 1px solid black; padding: 10px;"> <p align="center"><b>Indoor Pool Area Closed Every Tuesday:</b> 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure</p> </div> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p align="center"><b>THERAPY POOL</b> is for therapeutic exercise only</p> <p align="center">Physical Therapy will have use of the pool at various times Mon-Thurs. please be mindful there is partial use/no use of pool</p> </div> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p align="center"><b>Facility Hours</b> Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm</p> <p align="center"><b>Contact Information</b> Phone: 336-992-1700 hpfitnesscenterkvaiahwfb@advocatehea lth.org</p> </div>			
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\*Please note - classes may change after this posting. Please check on our Facebook page or front desk