

The Fitness Center at Kernersville Group Exercise Class Schedule March 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
3		4		5		6		7		1	
5:45a	Functional Strength Training <i>Morgan</i>			5:45a	AMRAP Training <i>Morgan</i>	5:45a	Barre <i>Morgan</i>	5:45a	Functional Strength Training <i>Morgan</i>	8:30	CIA- Cycle, Intervals, & Arms <i>Kelly</i>
8:00	Aqua FlexBar <i>Debbie</i>	8:15	Barre Strength <i>Morgan</i>	8:00	Aqua FlexBar <i>Debbie</i>	8:15	Func. Strength <i>Morgan</i>	8:15	Func. Strength <i>Morgan</i>	9:00	AquaFit <i>Susan</i>
9:00	AquaFit <i>Debbie</i>	8:45	No Class	9:00	AquaFit <i>Debbie</i>	8:45	No Class	8:45	No Class	10:30	Zumba <i>Christine</i>
9:15	Power Pump <i>Sheila</i>			9:15	Power Pump <i>Sheila</i>			9:15	Barre <i>Morgan</i>		
10:00	SilverSneakers® <i>Liz</i>	9:30	Zumba <i>Christine</i>	10:00	SilverSneakers® <i>Liz</i>	10:45	Zumba <i>Christine</i>	10:15	Beginner Yoga <i>Julie</i>		
11:15	SeniorFit*** <i>Susan</i>	10:45	SeniorFit*** <i>Susan</i>	11:00	YOGA <i>Melaina</i>	12:00	Zumba Gold <i>Christine</i>	11:15	Chair Yoga+ <i>Julie</i>		
1:00p	Choice Yoga <i>Julie</i>							12:00	SeniorsInMotion <i>Saylor</i>	8	
2:00	All level Yoga <i>Julie</i>							1:00p	YinYoga <i>Julie</i>		
3:00	RestorativeYoga <i>Julie</i>			5:00p	Zumba 45 min. <i>Shannon</i>			2:00	WaterWalk** <i>Julie</i>		
5:00	Total Body Strgth <i>Natalie</i>	4:30p	YOGA <i>Melaina</i>	5:00	Cycle <i>Natalie</i>					10:30	Zumba <i>Shannon</i>
6:00	Cycle <i>Natalie</i>	6:00	Bootcamp <i>Bonnie</i>	6:00	No Class			4:30	YOGA <i>Melaina</i>		
7:00	Yoga <i>Melaina</i>							6:00	Let's Get HIIT <i>Jalil</i>		
10		11		12		13		14		15	
5:45a	Functional Strength Training <i>Morgan</i>			5:45a	AMRAP Training <i>Morgan</i>	5:45a	Barre <i>Morgan</i>	5:45a	Functional Strength Training <i>Morgan</i>	8:30	CIA- Cycle, Intervals, & Arms <i>Kelly</i>
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9:00	AquaFit <i>Debbie</i>	8:45	CIA- Cycle, Intervals, & Arms <i>Kelly</i>	9:00	AquaFit <i>Debbie</i>	8:45	CIA- Cycle, Intervals, & Arms <i>Kelly</i>	8:45	CIA- Cycle, Intervals, & Arms <i>Kelly</i>	10:30	Zumba <i>Christine</i>
9:15	Power Pump <i>Sheila</i>			9:15	Power Pump <i>Sheila</i>			9:15	Barre <i>Morgan</i>		
10:00	SilverSneakers® <i>Liz</i>	9:30	Zumba <i>Christine</i>	10:00	SilverSneakers® <i>Liz</i>	10:45	Zumba <i>Christine</i>	10:15	Beginner Yoga <i>Julie</i>		
11:15	SeniorFit*** <i>Susan</i>	10:45	SeniorFit*** <i>Susan</i>	11:00	YOGA <i>Melaina</i>	12:00	Zumba Gold <i>Christine</i>	11:15	Chair Yoga+ <i>Julie</i>		
1:00p	Choice Yoga <i>Julie</i>							12:00	SeniorsInMotion <i>Saylor</i>		
2:00	All level Yoga <i>Julie</i>							1:00p	YinYoga <i>Julie</i>		
3:00	RestorativeYoga <i>Julie</i>			5:00p	Zumba 45 min. <i>Shannon</i>			2:00	WaterWalk** <i>Julie</i>		
5:00	Total Body Strgth <i>Kelly</i>	4:30p	YOGA <i>Melaina</i>	5:00	Cycle <i>Kelly</i>	4:30	YOGA <i>Melaina</i>				
6:00	Cycle <i>Kelly</i>	6:00	Bootcamp <i>Morgan</i>	6:00	HumpDay HIIT <i>Jalil</i>	6:00	Let's Get HIIT <i>Jalil</i>				
7:00	Yoga <i>Melaina</i>										
17		18		19		20		21		22	
5:45a	Functional Strength Training <i>Morgan</i>			5:45a	AMRAP Training <i>Morgan</i>	5:45a	Barre <i>Morgan</i>	5:45a	Functional Strength Training <i>Morgan</i>	8:30a	Cycle <i>Natalie</i>
8:00	Aqua FlexBar <i>Debbie</i>	8:15	Barre Strength <i>Morgan</i>	8:00	Aqua FlexBar <i>Debbie</i>	8:15	Func. Strength <i>Morgan</i>	8:15	Func. Strength <i>Morgan</i>	9:30	Total Body Strength <i>Natalie</i>
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6:00	Cycle <i>Natalie</i>	6:00	Bootcamp <i>Morgan</i>	6:00	HumpDay HIIT <i>Jalil</i>	6:00	Let's Get HIIT <i>Jalil</i>				
7:00	Yoga <i>Melaina</i>										
24		25		26		27		28		29	
5:45a	Functional Strength Training <i>Morgan</i>			5:45a	AMRAP Training <i>Morgan</i>	5:45a	Barre <i>Morgan</i>	5:45a	Functional Strength Training <i>Morgan</i>	8:30a	Cycle <i>Natalie</i>
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31											
5:45a	Functional Strength Training <i>Morgan</i>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h3>Facility Hours</h3> <p>Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00 pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm</p> <h3>Contact Information</h3> <p>Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Indoor Pool Area Closed Every Tuesday 7:00 a.m.-9:00 a.m. Everyday 15 minutes prior to facility closure</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>THERAPY POOL CLOSED for Physical Therapy Mon-Thurs 10:45a-12:30p WaterWalk: Fri. 2pm-3pm</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Please Note: ISR will be held 3:00pm - 5:30pm Mon-Fri in open lanes of lap pool.</p> </div>									
8:00	Aqua FlexBar <i>Debbie</i>										
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*Please note - classes may change after this posting. Please check on our Facebook page or front desk