

The Fitness Center at Kernersville Group Exercise Class Schedule April 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
1			2			3			4			5			6		
5:45a	Functional Strength Training	Morgan	5:45a	Cycle	Kelly	5:45a	Functional Strength + Cardio	Morgan	5:45a	Barre	Morgan	5:45a	Functional Strength Training	Morgan			
8:00	Aqua FlexBar	Debbie	8:30	Barre Strength	Morgan	8:00	Aqua FlexBar	Debbie	8:30	Func. Strength	Morgan				8:30a	CIA- Cycle, Intervals, & Arms	Kelly
9:00	AquaFit	Debbie	8:45	Cycle	Kelly	9:00	AquaFit	Debbie	8:45	Cycle	Kelly						
9:15	Cardio Strength	Shelia	9:30	Zumba	Christine	9:15	Cardio Strength	Shelia	9:30	Strong Body	Bonnie	9:15	Barre	Morgan			
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan				10:45	Zumba	Christine	10:15	Beginner Yoga	Julie	10:30	Zumba	Christine
11:15	SeniorFit***	Susan				10:00	SilverSneakers®	Liz	12:00	Zumba Gold	Christine	11:15	Chair Yoga	Julie			
12:15p	Fit Factory	Jordan				10:45	YOGA	Melaina				1:00p	WaterWalk**	Julie			
1:00	WaterYoga**	Julie	4:30	YOGA	Melaina	12:15p	Fit Factory	Jordan	6:00	Let's Get HIIT	Jalil	2:00	YinYoga	Julie			
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie				7:00	YOGA	Melaina						
3:00	RestorativeYoga	Julie															
6:00p	Cycle	Natalie															
8			9			10			11			12			13		
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15			16			17			18			19			20		
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9:00	AquaFit	Debbie	8:45	Cycle	Kelly	9:00	AquaFit	Debbie	8:45a	Cycle	Kelly				9:30	Total Body Strength	Natalie
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29			30			Indoor Pool Area Closed Every Tuesday 7:00 a.m.-9:00 a.m. Everyday						Facility Hours Mon.-Thurs: 5:30a.m.- 9:00p.m. Friday: 5:30 a.m. - 8:00 p.m. Saturday: 8:00 a.m. - 4:00 p.m. Sunday: 12:00 p.m. - 6:00 p.m.					
5:45a	Functional Strength Training	Morgan	5:45a	Cycle	Kelly	THERAPY POOL CLOSED FOR Aqua Yoga: Mon. 1 p.m.-2 p.m. WaterWalk: Fri. 1 p.m.-2 p.m.						Contact Information Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu					
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*Please note - classes may change after this posting. Please check on our Facebook page or front desk