

The Fitness Center at Kernersville Group Exercise Class Schedule July 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
1			2			3			4			5			6		
5:45a	Functional Strength Training	Morgan				5:45a	Functional Strength + Cardio	Morgan	Independence Day Hours: 8:00 a.m. - 4:00 p.m.			5:45a	Functional Strength Training	Morgan			
8:00	Aqua FlexBar	Debbie	8:30	Barre Strength	Morgan	8:00	Aqua FlexBar	Debbie				8:30a	Cycle	Natalie			
9:05	Outdoor AquaFit	Debbie	8:45	No Class		9:05	Outdoor AquaFit	Debbie				9:30	Total Body Strength	Natalie			
9:15	Cardio Strength	Sheila	9:30	No Class		9:15	Cardio Strength	Sheila				9:05	Outdoor AquaFit	Susan			
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz									
11:15	SeniorFit***	Susan				11:00	YOGA	Melaina									
12:15p	Fit Factory	Jordan				12:15p	Fit Factory	Jordan									
1:00p	WaterYoga**	Julie	4:30	YOGA	Melaina				11:00	Fit HIIT	Shelia						
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie												
3:00	RestorativeYoga	Julie															
6:00p	Cycle	Natalie															
8			9			10			11			12			13		
5:45a	Functional Strength Training	Morgan				5:45a	No Class		5:45a	No Class		5:45a	No Class				
8:00	Aqua FlexBar	Debbie	8:30	No Class		8:00	Aqua FlexBar	Debbie	8:30	No Class		8:30	Cycle	Kelly			
9:05	Outdoor AquaFit	Debbie	8:45	No Class		9:05	Outdoor AquaFit	Debbie	8:45	Cycle	Kelly	9:15	Barre	Morgan			
9:15	No Class		9:30	Zumba	Christine	9:15	No Class		10:45	Zumba	Christine	10:15	Beginner Yoga	Julie			
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz	12:00	Zumba Gold	Christine	11:15	Chair Yoga	Julie			
11:15	SeniorFit***	Susan				11:00	YOGA	Melaina	6:00	Let's Get HIIT	Jalil	1:00p	WaterWalk**	Julie	10:30	Zumba	Christine
12:15p	Fit Factory	Jordan				12:15p	Fit Factory	Jordan	7:00	YOGA	Melaina	2:00	YinYoga	Julie			
1:00p	WaterYoga**	Julie	4:30	YOGA	Melaina												
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie												
3:00	RestorativeYoga	Julie															
6:00p	Cycle	Natalie															
15			16			17			18			19			20		
5:45a	Functional Strength Training	Morgan				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	8:30	Func. Strength	Morgan			
9:05	Outdoor AquaFit	Debbie	8:45	No Class		9:05	Outdoor AquaFit	Debbie	8:45	Cycle	Kelly	8:45	Cycle	Kelly			
9:15	Cardio Strength	Sheila	9:30	Zumba	Christine	9:15	Cardio Strength	Sheila	10:45	Zumba	Christine	9:15	Barre	Morgan			
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz	12:00	Zumba Gold	Christine	10:15	No Class		9:05	Outdoor AquaFit	Susan
11:15	SeniorFit***	Susan				11:00	YOGA	Melaina	6:00	Let's Get HIIT	Jalil	11:15	No Class				
12:15p	Fit Factory	Jordan				12:15p	Fit Factory	Jordan	7:00	YOGA	Melaina	1:00p	No Class				
1:00p	WaterYoga**	Julie	4:30	YOGA	Melaina							2:00	No Class				
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie												
3:00	RestorativeYoga	Julie															
6:00p	Cycle	Natalie															
22			23			24			25			26			27		
5:45a	Functional Strength Training	Morgan				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	8:30	Func. Strength	Morgan			
9:05	Outdoor AquaFit	Debbie	8:45	Cycle	Kelly	9:05	Outdoor AquaFit	Debbie	8:45	Cycle	Kelly	8:45	Cycle	Kelly			
9:15	Cardio Strength	Sheila	9:30	Zumba	Christine	9:15	Cardio Strength	Sheila	10:45	Zumba	Christine	9:15	Barre	Morgan	8:30a	Cycle	Natalie
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz	12:00	Zumba Gold	Christine	10:15	Beginner Yoga	Julie	9:30	Total Body Strength	Natalie
11:15	SeniorFit***	Susan				11:00	YOGA	Melaina	6:00	Let's Get HIIT	Jalil	11:15	Chair Yoga	Julie	9:05	Outdoor AquaFit	Susan
12:15p	Fit Factory	Jordan				12:15p	Fit Factory	Jordan	7:00	YOGA	Melaina	1:00p	WaterWalk**	Julie	10:30	Zumba	Christine
1:00p	WaterYoga**	Julie	4:30	YOGA	Melaina							2:00	YinYoga	Julie			
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie												
3:00	RestorativeYoga	Julie															
6:00p	No Class																
29			30			31			<p align="center">Facility Hours</p> Mon.-Thurs: 5:30a.m. - 9:00p.m. Friday: 5:30 a.m. - 8:00 p.m. Summer Saturday: 8:00 a.m. - 6:00 p.m. Sunday: 12:00 p.m. - 6:00 p.m.			<p align="center">THERAPY POOL CLOSED FOR</p> Aqua Yoga: Mon. 1 p.m.-2 p.m. WaterWalk: Fri. 1 p.m-2 p.m.					
5:45a	Functional Strength Training	Morgan				5:45a	Functional Strength + Cardio	Morgan									
8:00	Aqua FlexBar	Debbie	8:30	Barre Strength	Morgan	8:00	Aqua FlexBar	Debbie									
9:05	Outdoor AquaFit	Debbie	8:45	Cycle	Kelly	9:05	Outdoor AquaFit	Debbie									
9:15	Cardio Strength	Sheila	9:30	Zumba	Christine	9:15	Cardio Strength	Sheila									
10:00	SilverSneakers®	Liz	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz									
11:15	SeniorFit***	Susan				11:00	YOGA	Melaina									
12:15p	Fit Factory	Jordan				12:15p	Fit Factory	Jordan	<p align="center">Contact Information</p> Phone: 336-992-1700 hpfitnesscenterkvill@wakehealth.edu			<p align="center">Indoor Pool Area Closed</p> Every Tuesday 7:00 a.m.-9:00 a.m. Everyday 15 minutes prior to facility closure					
1:00p	WaterYoga**	Julie	4:30	YOGA	Melaina												
2:00p	All level Yoga	Julie	6:00p	Bootcamp	Bonnie												
3:00	RestorativeYoga	Julie															
6:00p	Cycle	Natalie															

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