

The Fitness Center at Kernersville Group Exercise Class Schedule December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
5:45a Functional Strength Training Morgan 8:00 No Class 9:00 No Class 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFIT*** Susan 12:15p Fit Factory Maya 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	8:30 Barre Strength Morgan 8:45 Cycle Kelly 9:30 Zumba Christine 10:45 SeniorFIT*** Susan 4:30 YOGA Melaina 6:00p Bootcamp Bonnie	5:45a Functional Strength + Cardio Morgan 8:00 No Class 9:00 No Class 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Maya 11:00 YOGA Melaina 12:15p Fit Factory Maya 5:00 Zumba 45 min. Shannon 6:00 HumpDay HIIT Jalil	5:45a Barre Morgan 8:30 Func. Strength Morgan 8:45 CIA- Cycle, Intervals, & Arms Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:00 YOGA 45min Melaina 6:00 Let's Get HIIT Jalil	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 1:00p WaterWalk** Julie 2:00 YinYoga Julie	8:30 CIA- Cycle, Intervals, & Arms Kelly 9:00 AquaFit Susan 10:30 Zumba Christine
9	10	11	12	13	14
5:45a Functional Strength Training Morgan 8:00 No Class 9:00 No Class 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFIT*** Susan 12:15p Fit Factory Maya 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	8:30 Barre Strength Morgan 8:45 Cycle Kelly 9:30 Zumba Christine 10:45 SeniorFIT*** Susan 4:30 YOGA Melaina 6:00p Bootcamp Sheila	5:45a Functional Strength + Cardio Morgan 8:00 No Class 9:00 No Class 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Maya 11:00 YOGA Melaina 12:15p Fit Factory Maya 5:00 Zumba 45 min. Shannon 6:00 HumpDay HIIT Jalil	5:45a Barre Morgan 8:30 Func. Strength Morgan 8:45 CIA- Cycle, Intervals, & Arms Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:00 YOGA 45min Melaina 6:00 Let's Get HIIT Jalil	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 1:00p WaterWalk** Julie 2:00 YinYoga Julie	10:30 Zumba Shannon
16	17	18	19	20	21
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Maya 11:15 SeniorFIT*** Susan 12:15p Fit Factory Maya 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	8:30 Barre Strength Morgan 8:45 Cycle Kelly 9:30 Zumba Christine 10:45 SeniorFIT*** Susan 4:30 YOGA Melaina 6:00p Bootcamp Bonnie	5:45a Functional Strength + Cardio Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15p Fit Factory Maya 5:00 Zumba 45 min. Shannon 6:00 HumpDay HIIT Jalil	5:45a Barre Morgan 8:30 Func. Strength Morgan 8:45 CIA- Cycle, Intervals, & Arms Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:00 YOGA 45min Melaina 6:00 Let's Get HIIT Jalil	5:45a Functional Strength Training Morgan 8:30* Barre Morgan 9:15 class time change 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 1:00p WaterWalk** Julie 2:00 YinYoga Julie	8:30a Cycle Natalie 9:30 Total Body Strength Natalie 9:00 AquaFit Susan 10:30 Zumba Shannon
23	24	25	26	27	28
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Maya 11:15 SeniorFIT*** Susan 12:15p Fit Factory Maya 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	8:30 Barre Strength Morgan 10:45 SeniorFIT*** Susan Christmas Eve Hours 8a-2p	Merry Christmas CLOSED	5:45a No Class 8:30 Func. Strength Morgan 8:45 CIA- Cycle, Intervals, & Arms Kelly 10:45 Zumba Shannon 12:00 Zumba Gold Shannon 1:15 Yoga Melaina 5:00 YOGA 45min Melaina 6:00 Let's Get HIIT Jalil	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 1:00p WaterWalk** Julie 2:00 YinYoga Julie	8:30 CIA- Cycle, Intervals, & Arms Kelly 10:30 Zumba Shannon
30	31	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; width: 25%;"> <p>Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00 pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm</p> <p>Contact Information Phone: 336-992-1700 hpfitnesscenterkervill@wakehealth.edu</p> </div> <div style="border: 1px solid black; padding: 5px; width: 25%;"> <p>THERAPY POOL CLOSED FOR Aqua Yoga: Mon. 1 p.m.-2 p.m. WaterWalk: Fri. 1 p.m-2 p.m.</p> </div> <div style="border: 1px solid black; padding: 5px; width: 25%;"> <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; width: 25%;"> <p>Please Note: ISR will be held 3:00pm - 5:30pm daily in open lanes of lap pool.</p> </div> </div>			
5:45a Functional Strength Training Morgan 8:00 No Class 9:00 No Class 9:15 Cardio Strength Sheila 10:00 SilverSneakers® Liz 11:15 No Class 12:15p Fit Factory Maya 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	8:30 Barre Strength Morgan 8:45 Cycle Kelly 9:30 Zumba Christine New Years Eve Hours 8a-4p <i>we will be closed New Year's Day</i>				

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