The Fitness Center at Kernersville Group Exercise Class Schedule May 2024

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.

Contact Information
Phone: 336-992-1700
hpfitnesscenterkvill@wakehealth.edu

Find us on: facebook

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45a Functional Strength + Cardio *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Morgan* 10:00 SilverSneakers® *Liz* 11:00 YOGA *Melaina* 12:15p Fit Factory *Jordan*	**2** 5:45a Barre *Morgan* 8:30 Func. Strength *Morgan* 8:45 *Cycle* *Kelly* 9:30 Strong Body *Morgan* 10:45 Zumba *Christine* 12:00 Zumba Gold *Christine* 2:00p Pilates *Nija* 6:00 Let's Get HIIT *Jalil* 7:00 YOGA *Melaina*	**3** 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*	**4** 8:30a Cycle *Natalie* 9:30 Total Body Strength *Natalie* 10:30 Zumba *Christine*
6 5:45a Functional Strength Training *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Liz* 11:15 SeniorFIt*** *Susan* 12:15p Fit Factory *Jordan* 1:00p WaterYoga** *Julie* 2:00p All level Yoga *Julie* 3:00 RestorativeYoga *Julie* 6:00p *No Class*	**7** 5:45a Cycle *Kelly* 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*	**8** 5:45a Functional Strength + Cardio *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Maya* 11:00 YOGA *Melaina* 12:15p Fit Factory *Jordan*	**9** 5:45a Barre *Morgan* 8:30 Func. Strength *Morgan* 8:45 *Cycle* *Kelly* 9:30 Strong Body *Bonnie* 10:45 Zumba *Christine* 12:00 Zumba Gold *Christine* 2:00p Pilates *Nija* 6:00 Let's Get HIIT *Jalil* 7:00 YOGA *Melaina*	**10** 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*	**11** 8:30a Cycle *Natalie* 9:30 Total Body Strength *Natalie* 9:00 AquaFit *Susan*
13 5:45a Functional Strength Training *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Liz* 11:15 SeniorFIt*** *Susan* 12:15p Fit Factory *Jordan* 1:00p WaterYoga** *Julie* 2:00p All level Yoga *Julie* 3:00 RestorativeYoga *Julie* 6:00p Cycle *Natalie*	**14** 5:45a Cycle *Kelly* 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*	**15** 5:45a Functional Strength + Cardio *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Maya* 11:00 YOGA *Melaina* 12:15p Fit Factory *Jordan*	**16** 5:45a Barre *Morgan* 8:30 Func. Strength *Morgan* 8:45a *Cycle* *Kelly* 9:30 Strong Body *Bonnie* 10:45 Zumba *Christine* 12:00 Zumba Gold *Christine* 2:00p Pilates *Nija* 6:00 Let's Get HIIT *Jalil* 7:00 *No Class*	**17** 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*	**18** 8:30a CIA- Cycle, Intervals, & Arms *Kelly* 10:30 Zumba *Christine*
20 5:45a Functional Strength Training *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Liz* 11:15 SeniorFIt*** *Susan* 12:15p Fit Factory *Jordan* 1:00p WaterYoga** *Julie* 2:00p All level Yoga *Julie* 3:00 RestorativeYoga *Julie* 6:00p Cycle *Natalie*	**21** 5:45a Cycle *Kelly* 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*	**22** 5:45a Functional Strength + Cardio *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Maya* 11:00 YOGA *Melaina* 12:15p Fit Factory *Jordan*	**23** 5:45a Barre *Morgan* 8:30 Func. Strength *Morgan* 8:45 *No Class* 9:30 Strong Body *Bonnie* 10:45 Zumba *Christine* 12:00 Zumba Gold *Christine* 2:00p Pilates *Nija* 6:00 Let's Get HIIT *Jalil* 7:00 YOGA *Melaina*	**24** 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*	**25** 9:00 AquaFit *Susan* 10:30 Zumba *Christine*
27 ***Memorial Day Hours:*** 8:00 a.m. - 4:00 p.m. 9:15 Cardio Strength *Shelia* 11:15 SeniorFIt*** *Susan*	**28** 5:45a Cycle *Kelly* 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*	**29** 5:45a Functional Strength + Cardio *Morgan* 8:00 Aqua FlexBar *Debbie* 9:00 AquaFit *Debbie* 9:15 Cardio Strength *Shelia* 10:00 SilverSneakers® *Liz* 11:00 YOGA *Melaina* 12:15p Fit Factory *Jordan*	**30** 5:45a Barre *Morgan* 8:30 Func. Strength *Morgan* 8:45 *Cycle* *Kelly* 9:30 Strong Body *Bonnie* 10:45 Zumba *Christine* 12:00 Zumba Gold *Christine* 2:00p Pilates *Nija* 6:00 Let's Get HIIT *Jalil* 7:00 YOGA *Melaina*	**31** 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*	**Indoor Pool Area Closed Every Tuesday** **7:00 a.m.-9:00 a.m.** **Everyday** **15 minutes prior to facility closure** **THERAPY POOL CLOSED FOR** ***Aqua Yoga:*** Mon. 1 p.m.-2 p.m. ***WaterWalk:*** Fri.

4/23/24

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