


The Fitness Center at Kernersville Group Exercise Class Schedule June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Facility Hours 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> <p>Contact Information Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu</p>					1
<p>Indoor Pool Area Closed Every Tuesday 7:00 a.m.-9:00 a.m. Everyday 15 minutes prior to facility closure</p> <p>THERAPY POOL CLOSED FOR Aqua Yoga: Mon. 1 p.m.-2 p.m. WaterWalk: Fri. 1 p.m.-2 p.m.</p>					10:30 Zumba Christine
<p>Find us on:  facebook.</p>					
3	4	5	6	7	8
5:45a Functional Strength Training Kelly		5:45a No class	5:45a No Class 8:30 No Class	5:45a Functional Strength Training Kelly	
8:00 Aqua FlexBar Debbie	8:30 Strength Shelia	8:00 Aqua FlexBar Debbie	8:45 Cycle Kelly		8:30a CIA- Cycle, Intervals, & Arms Kelly
9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:00 Outdoor AquaFit Debbie	9:30 No class	9:15 Bootcamp Bonnie	9:00 Outdoor AquaFit Susan
9:15 Cardio Strength Shelia	9:30 Zumba Christine	9:15 Cardio Strength Shelia	10:45 Zumba Christine	10:15 Beginner Yoga Julie	
10:00 SilverSneakers® Liz	10:45 SeniorFit*** Susan		12:00 Zumba Gold Christine	11:15 Chair Yoga Julie	
11:15 SeniorFit*** Susan		10:00 SilverSneakers® Liz		1:00p WaterWalk** Julie	
12:15p Fit Factory Jordan		11:00 YOGA Melaina		2:00 YinYoga Julie	
1:00p WaterYoga** Julie	4:30 YOGA Melaina	12:15p Fit Factory Jordan	6:00 Let's Get HIIT Jalil		
2:00p All level Yoga Julie	6:00p Bootcamp Bonnie		7:00 YOGA Melaina		
3:00 RestorativeYoga Julie					
6:00p Cycle Natalie					
10	11	12	13	14	15
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		8:30a CIA- Cycle, Intervals, & Arms Kelly
9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:15 Barre Morgan	9:00 Outdoor AquaFit Susan
9:15 Cardio Strength Shelia	9:30 Zumba Christine	9:15 Cardio Strength Shelia	9:30 Strong Body Bonnie	10:15 Beginner Yoga Julie	10:30 Zumba Christine
10:00 SilverSneakers® Maya	10:45 SeniorFit*** Susan		10:45 Zumba Christine	11:15 Chair Yoga Julie	
11:15 SeniorFit*** Susan		10:00 Silversneakers® Liz	12:00 Zumba Gold Christine	1:00p WaterWalk** Julie	
12:15p Fit Factory Jordan		11:00 YOGA Melaina		2:00 YinYoga Julie	
1:00p WaterYoga** Julie	4:30 YOGA Melaina	12:15p Fit Factory Jordan	6:00 Let's Get HIIT Jalil		
2:00p All level Yoga Julie	6:00p Bootcamp Bonnie		7:00 YOGA Melaina		
3:00 RestorativeYoga Julie					
6:00p Cycle Natalie					
17	18	19	20	21	22
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 No Class	8:30 Func. Strength Morgan		8:30a Cycle Natalie
9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:00 No Class	8:45 Cycle Kelly	9:15 Barre Morgan	9:30 Total Body Strength Natalie
9:15 Cardio Strength Shelia	9:30 Zumba Christine	9:15 Cardio Strength Shelia	9:30 Strong Body Bonnie	10:15 Beginner Yoga Melaina	9:00 Outdoor AquaFit Susan
10:00 SilverSneakers® Liz	10:45 SeniorFit*** Susan		10:45 Zumba Christine	11:15 Chair Yoga Melaina	
11:15 SeniorFit*** Susan		10:00 SilverSneakers® Liz	12:00 Zumba Gold Christine	1:00p WaterWalk** Melaina	
12:15p Fit Factory Jordan		11:00 YOGA Melaina		2:00 YinYoga Melaina	
1:00p WaterYoga** Julie	4:30 YOGA Melaina	12:15p Fit Factory Jordan	6:00 Let's Get HIIT Jalil		
2:00p All level Yoga Julie	6:00p Bootcamp Bonnie		7:00 YOGA Melaina		
3:00 RestorativeYoga Julie					
6:00p Cycle Natalie					
24	25	26	27	28	29
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		8:30a Cycle Natalie
9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:00 Outdoor AquaFit Debbie	8:45 Cycle Kelly	9:15 Barre Morgan	9:30 Total Body Strength Natalie
9:15 Cardio Strength Shelia	9:30 Zumba Christine	9:15 Cardio Strength Shelia	9:30 Strong Body Bonnie	10:15 Beginner Yoga Julie	9:00 Outdoor AquaFit Susan
10:00 SilverSneakers® Liz	10:45 SeniorFit*** Susan		10:45 Zumba Christine	11:15 Chair Yoga Julie	
11:15 SeniorFit*** Susan		10:00 SilverSneakers® Liz	12:00 Zumba Gold Christine	1:00p WaterWalk** Julie	
12:15p Fit Factory Jordan		11:00 YOGA Melaina		2:00 YinYoga Julie	
1:00p WaterYoga** Julie	4:30 YOGA Melaina	12:15p Fit Factory Jordan	6:00 Let's Get HIIT Jalil		
2:00p All level Yoga Julie	6:00p Bootcamp Jalil		7:00 YOGA Melaina		
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