

## The Fitness Center at Kernersville Group Class Schedule Sept 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%; border: 1px solid black; padding: 5px;"> <p><b>Facility Hours</b>                      Mon. -Thurs.: 5:30 a.m. - 9:00 p.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.  <b>Contact Information</b>                      Phone: 336-992-1700                      hpfitnesscenterkville@wakehealth.edu</p> </div> <div style="width: 30%; border: 1px solid black; padding: 5px;"> <p><b>Indoor Pool Area Closed</b>                      Every Tuesday                      7:00 a.m.-9:00 a.m.                      Everyday                      15 minutes prior to facility closure</p> </div> <div style="width: 30%; border: 1px solid black; padding: 5px;"> <p><b>Find us on:</b>  <b>facebook.</b></p> </div> </div>				1	2				
				5:45a Functional Strength Training <i>Morgan</i> 9:15 Barre <i>Morgan</i> 10:15 Beginner Yoga <i>Julie</i> 11:15 Chair Yoga <i>Julie</i> 1:00p WaterWalk** <i>Julie</i>	8:30a Cycle <i>Natalie</i> 9:00 Outdoor AquaFit 90 min <i>Susan</i> 10:30 STRONG NATION® <i>Danielle</i>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%; border: 1px dashed gray; padding: 5px;"> <p><b>Labor Day Hours:</b>                      8:00 a.m. - 4:00 p.m.</p> </div> </div>				4	5	6	7	8	9
				9:15 Cardio Strength <i>Shelia</i> 11:15 SeniorFit <i>Susan</i> 1:00p WaterYoga** <i>Julie</i> 2:00p All level Yoga <i>Julie</i>	5:45a Cycle <i>Kelly</i> 8:30 Barre <i>Morgan</i> 8:45 Cycle&Stretch <i>Kelly</i> 9:30 Zumba <i>Christine</i> 10:45 SeniorFit <i>Susan</i> 4:30p Pilates <i>Christie</i> 6:00p AquaFit <i>Denise</i> 6:00p Bootcamp <i>Bonnie</i> 3p-4p AquaArthritis <i>fee based</i>	5:45a Functional Strength + Cardio <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:00 Outdoor AquaFit <i>Debbie</i> 9:15 Cardio Strength <i>Shelia</i> 10:00 SilverSneakers® <i>Liz</i> 12:00 Fit Factory <i>Jordan</i> 6:00p Cycle <i>Natalie</i>	8:30 Func. Strength <i>Morgan</i> 8:45a Cycle&Stretch <i>Kelly</i> 9:30 Strong Body <i>Bonnie</i> 10:45 Zumba <i>Christine</i> 2:00p Pilates <i>Nija</i> 5:00 Let's Get HIIT <i>Jalil</i> 6:00p AquaFit <i>Denise</i> 6:00 Barre <i>Jennifer</i> 3p-4p AquaArthritis <i>fee based</i>	5:45a Functional Strength Training <i>Morgan</i> 9:15 Barre <i>Morgan</i> 10:15 Beginner Yoga <i>Julie</i> 11:15 Chair Yoga <i>Julie</i> 1:00p WaterWalk** <i>Julie</i>	8:30a Cycle <i>Natalie</i> 9:00 Outdoor AquaFit <i>Denise</i>
11	12	13	14	15	16				
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