The Fitness Center at Kernersville Group Exercise Class Schedule May 2025

Facility Hours

Mon.-Thurs: 5:30am - 9:00pm
Friday: 5:30am - 8:00 pm
Saturday: 8:00am - 4:00pm
Sunday: 12:00pm - 6:00pm

Contact Information

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

Please Note:
ISR will be held 3:00pm - 5:30pm
Mon-Fri in open lanes of lap pool.
Swim lesson - Sat 10a-2p

Indoor Pool Area Closed
Every Tuesday
7:00 a.m.-9:00 a.m.
Everyday
15 minutes prior to facility closure

THERAPY POOL
is for therapeautic exercise only

Physical Therapy will have use of the pool at various times Mon-Thurs.
please be mindful there is partial use/no use of pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	**2**	**3**
			5:45a **Barre** *Morgan* 8:15 **Func. Strength** *Morgan* 8:45 **CIA- Cycle, Intervals, & Arms** *Kelly* 10:45 **Zumba** *Christine* 12:00 **Zumba Gold** *Christine* 1:15 **Yoga** *Melaina* 6:00 **Let's Get HIIT** *Jalil*	5:45a **Functional Strength Training** *Morgan* 9:15 **Barre** *Kelly* 10:15 **Beginner Yoga** *Julie* 11:15 **Chair Yoga+** *Julie* 12:00 **SeniorsInMotion** *Saylor* 12:00 **YinYoga** *Julie* 1:00 **Yogalates** *Julie*	8:30a **Cycle** *Lori* 9:30 **Pilates Barre Mix** *Lori* 10:30 **Zumba** *Shannon*
5	**6**	**7**	**8**	**9**	**10**
5:45a **Functional Strength Training** *Morgan* 8:00 **Aqua FlexBar** *Debbie* 9:00 **AquaFit** *Debbie* 9:15 **Power Pump** *Sheila* 10:00 **SilverSneakers®** *Liz* 11:15 **SeniorFIt***** *Susan* 1:00p **Choice Yoga** *Julie* 2:00 **All level Yoga** *Julie* 3:00 **RestorativeYoga** *Julie* 5:00 **Total Body Strgth** *Natalie* 6:00 **Cycle** *Natalie* 7:00 **Yoga** *Melaina*	8:15 **Barre Strength** *Morgan* 8:45 **CIA- Cycle, Intervals, & Arms** *Kelly* 9:30 **Zumba** *Christine* 10:45 **SeniorFIt***** *Susan* 4:30p **YOGA** *Melaina* 6:00 **Total Body Strgth** *Lori*	5:45a **AMRAP Training** *Morgan* 8:00 **Aqua FlexBar** *Debbie* 9:00 **AquaFit** *Debbie* 9:15 **Power Pump** *Sheila* 9:15 **SlowRide** *Kelly* 10:00 **SilverSneakers®** *Liz* 11:00 **YOGA** *Melaina* 5:00p **Zumba** *45 min.* *Shannon* 5:00 **Cycle** *Natalie* 6:00 **HumpDay HIIT** *Jalil*	5:45a **Barre** *Morgan* 8:15 **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 **Barre** *Lori* 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* 12:00 *No Class* 12:00 **YinYoga** *Julie* 1:00 **Yogalates** *Julie*	8:30a **Cycle** *Lori* 9:30 **Pilates Barre Mix** *Lori* 9:00 **AquaFit** *Susan* 10:30 **Zumba** *Christine*
12	**13**	**14**	**15**	**16**	**17**
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19	**20**	**21**	**22**	**23**	**24**
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26	**27**	**28**	**29**	**30**	**31**
Memorail Day **8:00am - 4:00pm** 9:15 **Power Pump** *Sheila* 11:15 **SeniorFIt***** *Susan* 1:00p **Choice Yoga** *Julie* 2:00 **All level Yoga** *Julie*	8:15 **Barre Strength** *Morgan* 8:45 **CIA- Cycle, Intervals, & Arms** *Kelly* 9:30 **Zumba** *Christine* 10:45 **SeniorFIt***** *Susan* 4:30p **YOGA** *Melaina* 6:00 **Total Body Strgth** *Lori*	5:45a **AMRAP Training** *Morgan* 8:00 **Aqua FlexBar** *Debbie* 9:00 **AquaFit** *Debbie* 9:15 **Power Pump** *Sheila* 9:15 **SlowRide** *Kelly* 10:00 **SilverSneakers®** *Liz* 11:00 **YOGA** *Melaina* 5:00p **Zumba** *45 min.* *Shannon* 5:00 **Cycle** *Kelly* 6:00 **HumpDay HIIT** *Jalil*	5:45a **Barre** *Morgan* 8:15 **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 **Barre** *Lori* 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* 12:00 **SeniorsInMotion** *Saylor* 12:00 **YinYoga** *Julie* 1:00 **Yogalates** *Julie*	8:30a **Cycle** *Natalie* 9:30 **Total Body Strength** *Natalie* 9:00 **AquaFit** *Susan* 10:30 **Zumba** *Shannon*

4/24/25

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