The Fitness Center at Kernersville Group Class Schedule Sept 2023

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00p</td>
<td>1:00p</td>
<td>1:00p</td>
<td>1:00p</td>
<td>1:00p</td>
<td>1:00p</td>
</tr>
<tr>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
</tr>
<tr>
<td>2:00p</td>
<td>2:00p</td>
<td>2:00p</td>
<td>2:00p</td>
<td>2:00p</td>
<td>2:00p</td>
</tr>
<tr>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
</tr>
<tr>
<td>3:00p</td>
<td>3:00p</td>
<td>3:00p</td>
<td>3:00p</td>
<td>3:00p</td>
<td>3:00p</td>
</tr>
<tr>
<td>3p-4p</td>
<td>3p-4p</td>
<td>3p-4p</td>
<td>3p-4p</td>
<td>3p-4p</td>
<td>3p-4p</td>
</tr>
<tr>
<td>AquAthr</td>
<td>AquAthr</td>
<td>AquAthr</td>
<td>AquAthr</td>
<td>AquAthr</td>
<td>AquAthr</td>
</tr>
<tr>
<td>fee based</td>
<td>fee based</td>
<td>fee based</td>
<td>fee based</td>
<td>fee based</td>
<td>fee based</td>
</tr>
<tr>
<td>4:00p</td>
<td>4:00p</td>
<td>4:00p</td>
<td>4:00p</td>
<td>4:00p</td>
<td>4:00p</td>
</tr>
<tr>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Cycle</td>
</tr>
<tr>
<td>5:00p</td>
<td>5:00p</td>
<td>5:00p</td>
<td>5:00p</td>
<td>5:00p</td>
<td>5:00p</td>
</tr>
<tr>
<td>5:45a</td>
<td>5:45a</td>
<td>5:45a</td>
<td>5:45a</td>
<td>5:45a</td>
<td>5:45a</td>
</tr>
<tr>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
</tr>
<tr>
<td>Functional Strength + Cardio</td>
<td>Functional Strength + Cardio</td>
<td>Functional Strength + Cardio</td>
<td>Functional Strength + Cardio</td>
<td>Functional Strength + Cardio</td>
<td>Functional Strength + Cardio</td>
</tr>
<tr>
<td>6:00p</td>
<td>6:00p</td>
<td>6:00p</td>
<td>6:00p</td>
<td>6:00p</td>
<td>6:00p</td>
</tr>
<tr>
<td>6:30p</td>
<td>6:30p</td>
<td>6:30p</td>
<td>6:30p</td>
<td>6:30p</td>
<td>6:30p</td>
</tr>
<tr>
<td>6:45a</td>
<td>6:45a</td>
<td>6:45a</td>
<td>6:45a</td>
<td>6:45a</td>
<td>6:45a</td>
</tr>
<tr>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
</tr>
<tr>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
</tr>
<tr>
<td>7:00p</td>
<td>7:00p</td>
<td>7:00p</td>
<td>7:00p</td>
<td>7:00p</td>
<td>7:00p</td>
</tr>
<tr>
<td>7:15p</td>
<td>7:15p</td>
<td>7:15p</td>
<td>7:15p</td>
<td>7:15p</td>
<td>7:15p</td>
</tr>
<tr>
<td>7:30p</td>
<td>7:30p</td>
<td>7:30p</td>
<td>7:30p</td>
<td>7:30p</td>
<td>7:30p</td>
</tr>
<tr>
<td>7:45a</td>
<td>7:45a</td>
<td>7:45a</td>
<td>7:45a</td>
<td>7:45a</td>
<td>7:45a</td>
</tr>
<tr>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
</tr>
<tr>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
</tr>
<tr>
<td>8:00p</td>
<td>8:00p</td>
<td>8:00p</td>
<td>8:00p</td>
<td>8:00p</td>
<td>8:00p</td>
</tr>
<tr>
<td>8:15p</td>
<td>8:15p</td>
<td>8:15p</td>
<td>8:15p</td>
<td>8:15p</td>
<td>8:15p</td>
</tr>
<tr>
<td>8:30p</td>
<td>8:30p</td>
<td>8:30p</td>
<td>8:30p</td>
<td>8:30p</td>
<td>8:30p</td>
</tr>
<tr>
<td>8:45a</td>
<td>8:45a</td>
<td>8:45a</td>
<td>8:45a</td>
<td>8:45a</td>
<td>8:45a</td>
</tr>
<tr>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
</tr>
<tr>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
</tr>
<tr>
<td>9:00p</td>
<td>9:00p</td>
<td>9:00p</td>
<td>9:00p</td>
<td>9:00p</td>
<td>9:00p</td>
</tr>
<tr>
<td>9:30p</td>
<td>9:30p</td>
<td>9:30p</td>
<td>9:30p</td>
<td>9:30p</td>
<td>9:30p</td>
</tr>
<tr>
<td>9:45a</td>
<td>9:45a</td>
<td>9:45a</td>
<td>9:45a</td>
<td>9:45a</td>
<td>9:45a</td>
</tr>
<tr>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
<td>Morgan</td>
</tr>
<tr>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
<td>Functional Strength</td>
</tr>
<tr>
<td>10:00p</td>
<td>10:00p</td>
<td>10:00p</td>
<td>10:00p</td>
<td>10:00p</td>
<td>10:00p</td>
</tr>
<tr>
<td>10:30p</td>
<td>10:30p</td>
<td>10:30p</td>
<td>10:30p</td>
<td>10:30p</td>
<td>10:30p</td>
</tr>
<tr>
<td>10:45p</td>
<td>10:45p</td>
<td>10:45p</td>
<td>10:45p</td>
<td>10:45p</td>
<td>10:45p</td>
</tr>
<tr>
<td>11:00p</td>
<td>11:00p</td>
<td>11:00p</td>
<td>11:00p</td>
<td>11:00p</td>
<td>11:00p</td>
</tr>
<tr>
<td>11:30p</td>
<td>11:30p</td>
<td>11:30p</td>
<td>11:30p</td>
<td>11:30p</td>
<td>11:30p</td>
</tr>
<tr>
<td>11:45p</td>
<td>11:45p</td>
<td>11:45p</td>
<td>11:45p</td>
<td>11:45p</td>
<td>11:45p</td>
</tr>
<tr>
<td>12:00p</td>
<td>12:00p</td>
<td>12:00p</td>
<td>12:00p</td>
<td>12:00p</td>
<td>12:00p</td>
</tr>
</tbody>
</table>

**Facility Hours**
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.

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

---

**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 classes

**Aqua Yoga**
Monday 1:00 p.m. - 2:00 p.m.
**WaterWalk**
Friday 1:00 p.m. - 2:00 p.m.

**Aqua Arthritis/Fibromyalgia**
(fee based class)
Tuesday/Thursday 2:50 p.m. - 4:00 p.m.