

The Fitness Center at Kernersville Group Exercise Class Schedule July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Summer Saturday: 8:00am - 6:00pm Sunday: 12:00pm - 6:00pm Contact Information Phone: 336-992-1700 hpfitnesscenterkvvill@wakeheath.edu	8:15 Barre Strength <i>Morgan</i> 8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 SlowRide <i>Kelly</i> 10:45 SeniorFit*** <i>Susan</i> 4:30p YOGA <i>Melaina</i> 6:00 Total Body Strgth <i>Lori</i> 6:00 AquaFit <i>Laura</i>	5:45a Barre <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers* <i>Liz</i> 11:00 YOGA <i>Melaina</i> 5:00p Zumba 45 min. <i>Shannon</i> 5:00 Cycle <i>Natalie</i> 6:00 HumpDay HIIT <i>Jalil</i>	8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Kelly</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 1:15 Yoga <i>Melaina</i> 5:00 Barre <i>Lori</i> 6:00 Let's Get HIIT <i>Jalil</i> 6:00 AquaFit <i>Laura</i>	Independence Day Hours: 8:00 a.m. - 4:00 p.m.	8:30a Cycle <i>Natalie</i> 9:30 Total Body Strength <i>Natalie</i> 9:15 AquaFit <i>Susan</i> 10:30 Zumba <i>Shannon</i>
7	8	9	10	11	12
5:45a Functional Strength Training <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Lori</i> 10:00 SilverSneakers* <i>Liz</i> 11:15 SeniorFit*** <i>Susan</i> 1:00p <i>No Class</i> 2:00 <i>No Class</i> 3:00 <i>No Class</i> 5:00 Total Body Strgth <i>Lori</i> 6:00 Cycle <i>Lori</i> 6:00 Yoga <i>Melaina</i>	8:15 Barre Strength <i>Lori</i> 8:45 <i>No Class</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 <i>No Class</i> 10:45 SeniorFit*** <i>Susan</i> 4:30p YOGA <i>Melaina</i> 6:00 Total Body Strgth <i>Lori</i> 6:00 AquaFit <i>Laura</i>	5:45a <i>No Class</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Lori</i> 10:00 <i>No Class</i> 11:00 YOGA <i>Melaina</i> 5:00p Zumba 45 min. <i>Shannon</i> 5:00 Cycle <i>Lori</i> 6:00 HumpDay HIIT <i>Jalil</i>	8:45 <i>No Class</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Lori</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 1:15 Yoga <i>Melaina</i> 5:00 Barre <i>Lori</i> 6:00 Let's Get HIIT <i>Jalil</i> 6:00 AquaFit <i>Laura</i>	5:45a <i>No Class</i> 9:15 Barre <i>Lori</i> 10:15 Beginner Yoga <i>Lori</i> 11:15 <i>No Class</i> 12:00 SeniorsInMotion <i>Saylor</i> 12:00 <i>No Class</i> 1:00 <i>No Class</i>	8:30a Cycle <i>Lori</i> 9:30 Pilates Barre Mix <i>Lori</i> 10:30 Zumba <i>Christine</i>
14	15	16	17	18	19
5:45a Functional Strength Training <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers* <i>Liz</i> 11:15 SeniorFit*** <i>Susan</i> 1:00p Choice Yoga <i>Julie</i> 2:00 All level Yoga <i>Julie</i> 3:00 RestorativeYoga <i>Julie</i> 5:00 Total Body Strgth <i>Lori</i> 6:00 Cycle <i>Lori</i> 6:00 Yoga <i>Melaina</i>	8:15 Barre Strength <i>Morgan</i> 8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 SlowRide <i>Kelly</i> 10:45 SeniorFit*** <i>Susan</i> 4:30p YOGA <i>Melaina</i> 6:00 Total Body Strgth <i>Morgan</i> 6:00 <i>No Class</i>	5:45a Barre <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers* <i>Liz</i> 11:00 YOGA <i>Melaina</i> 5:00p Zumba 45 min. <i>Shannon</i> 5:00 Cycle <i>Natalie</i> 6:00 HumpDay HIIT <i>Jalil</i>	8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Kelly</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 1:15 Yoga <i>Melaina</i> 5:00 Barre <i>Lori</i> 6:00 Let's Get HIIT <i>Jalil</i> 6:00 <i>No Class</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> 12:00 SeniorsInMotion <i>Saylor</i> 12:00 YinYoga <i>Julie</i> 1:00 Yogalates <i>Julie</i>	8:30a Cycle <i>Lori</i> 9:30 Pilates Barre Mix <i>Lori</i> 9:15 AquaFit <i>Susan</i> 10:30 Zumba <i>Shannon</i>
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5:45a Functional Strength Training <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers* <i>Liz</i> 11:15 SeniorFit*** <i>Susan</i> 1:00p Choice Yoga <i>Julie</i> 2:00 All level Yoga <i>Julie</i> 3:00 RestorativeYoga <i>Julie</i> 5:00 Total Body Strgth <i>Natalie</i> 6:00 Cycle <i>Natalie</i> 6:00 Yoga <i>Melaina</i>	8:15 Barre Strength <i>Morgan</i> 8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:30 Zumba <i>Christine</i> 9:45 SlowRide <i>Kelly</i> 10:45 SeniorFit*** <i>Susan</i> 4:30p YOGA <i>Melaina</i> 6:00 Total Body Strgth <i>Lori</i> 6:00 AquaFit <i>Laura</i>	5:45a Barre <i>Morgan</i> 8:00 Aqua FlexBar <i>Debbie</i> 9:15 OutdoorAqua <i>Debbie</i> 9:15 Power Pump <i>Sheila</i> 10:00 SilverSneakers* <i>Liz</i> 11:00 YOGA <i>Melaina</i> 5:00p Zumba 45 min. <i>Shannon</i> 5:00 Cycle <i>Natalie</i> 6:00 HumpDay HIIT <i>Jalil</i>	8:45 Cycle <i>Kelly</i> 9:15 AquaFit <i>Debbie</i> 9:45 SlowRide <i>Kelly</i> 10:45 Zumba <i>Christine</i> 12:00 Zumba Gold <i>Christine</i> 1:15 Yoga <i>Melaina</i> 5:00 Barre <i>Lori</i> 6:00 Let's Get HIIT <i>Jalil</i> 6:00 AquaFit <i>Laura</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> 12:00 SeniorsInMotion <i>Saylor</i> 12:00 YinYoga <i>Julie</i> 1:00 Yogalates <i>Julie</i>	8:30a Cycle <i>Natalie</i> 9:30 Total Body Strength <i>Natalie</i> 10:30 Zumba <i>Christine</i>
28	29	30	31	THERAPY POOL is for therapeutic 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 Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure Please Note: ISR will be held 3:00pm - 5:30pm Mon-Fri in open lanes of lap pool. Swim lesson - Sat 10a-2p	
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*Please note - classes may change after this posting. Please check on our Facebook page or front desk