

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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		<b>Indoor Pool Area Closed</b> Every Tuesday 7:00 a.m.-9:00 a.m. Find us on: <b>facebook.</b>			1 8:05a <b>Bootcamp</b> Susan 8:30a <b>Cycle 80's</b> Kelly 9:00 <b>AquaFit</b> Susan 10:30 <b>STRONG NATION®</b> Danielle
3	4	5	6	7	8
5:45a <b>Functional Strength Training</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 11:15 <b>SeniorFit</b> Susan 2:00p <b>All level Yoga</b> Julie 3:00 <b>RestorativeYoga</b> Julie 6:00p <b>Spinning®</b> Angie	5:45a <b>Spinning®</b> Angie 9:00 <b>Cycle</b> Kelly 10:00 <b>SilverCycle 50's music</b> Kelly 9:30 <b>Zumba</b> Christine 10:45 <b>SeniorFit</b> Susan 4:30p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise	5:45a <b>Functional Strength + Cardio</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 6:00p <b>Barre</b> Jennifer	5:45a <b>Spinning®</b> Angie 9:30 <b>Total Body Challenge</b> Bonnie 10:45 <b>Zumba</b> Christine 2:00p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise 6:00p <b>WARRIOR Rhythm™</b> Jennifer	5:45a <b>Functional Strength Training</b> Morgan 9:15 <b>Barre</b> Morgan 10:15 <b>Beginner Yoga</b> Julie 11:15 <b>Chair Yoga</b> Julie <div style="border: 1px dashed gray; padding: 5px; text-align: center;"> <b>Good Friday Hours:</b>                          5:30 a.m. - 4:00 p.m.  <b>Easter Sunday:</b>                          CLOSED                     </div>	8:30a <b>Cycle 70's</b> Kelly 9:00 <b>AquaFit</b> Susan
10	11	12	13	14	15
5:45a <b>Functional Strength Training</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 11:15 <b>SeniorFit</b> Susan 2:00p <b>All level Yoga</b> Julie 3:00 <b>RestorativeYoga</b> Julie 6:00p <b>Spinning®</b> Angie	5:45a <b>Spinning®</b> Angie 9:00 <b>Cycle</b> Kelly 10:00 <b>SilverCycle 60's music</b> Kelly 9:30 <b>Zumba</b> Christine 10:45 <b>SeniorFit</b> Susan 4:30p <b>Pilates</b> Christie 6:00p <b>AquaFit</b> Denise 6:00p <b>Total Body Challenge</b> Bonnie	5:45a <b>Functional Strength + Cardio</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 6:00p <b>Barre</b> Jennifer	5:45a <b>Spinning®</b> Angie 9:30 <b>Cardio, Core &amp; More</b> Bonnie 10:45 <b>Zumba</b> Christine 2:00p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise 6:00p <b>WARRIOR Rhythm™</b> Jennifer	5:45a <b>Functional Strength Training</b> Morgan 9:15 <b>Barre</b> Morgan 10:15 <b>Beginner Yoga</b> Julie 11:15 <b>Chair Yoga</b> Julie	8:05a <b>Bootcamp</b> Susan 8:30a <b>Spinning®</b> Angie 9:00 <b>AquaFit</b> Susan 10:30 <b>STRONG NATION®</b> Danielle
17	18	19	20	21	22
5:45a <b>Functional Strength Training</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 11:15 <b>SeniorFit</b> Susan 2:00p <b>All level Yoga</b> Julie 3:00 <b>RestorativeYoga</b> Julie 6:00p <b>Cycle</b> Kelly	9:00 <b>Cycle</b> Kelly 10:00 <b>SilverCycle Disco music</b> Kelly 9:30 <b>Zumba</b> Christine 10:45 <b>SeniorFit</b> Susan 4:30p <b>Pilates</b> Christie 6:00p <b>AquaFit</b> Denise	5:45a <b>Functional Strength + Cardio</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 6:00p <b>Barre</b> Jennifer	5:45a <b>Cycle</b> Kelly 9:30 <b>No class</b> 10:45 <b>Zumba</b> Christine 2:00p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise 6:00p <b>WARRIOR Rhythm™</b> Jennifer	5:45a <b>Functional Strength Training</b> Morgan 9:15 <b>Barre</b> Morgan 10:15 <b>Beginner Yoga</b> Julie 11:15 <b>Chair Yoga</b> Julie	9:00 <b>AquaFit</b> Denise 10:30 <b>STRONG NATION®</b> Danielle
24	25	26	27	28	29
5:45a <b>Functional Strength Training</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 11:15 <b>SeniorFit</b> Susan 2:00p <b>All level Yoga</b> Julie 3:00 <b>RestorativeYoga</b> Julie 6:00 <b>Cycle</b> Kelly	9:00 <b>Cycle</b> Kelly 10:00 <b>SilverCycle Beach music</b> Kelly 9:30 <b>Zumba</b> Christine 10:45 <b>SeniorFit</b> Susan 4:30p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise 6:00p <b>Total Body Challenge</b> Bonnie	5:45a <b>Functional Strength + Cardio</b> Morgan 8:00 <b>Aqua FlexBar</b> Debbie 9:00 <b>AquaFit</b> Debbie 9:15 <b>Cardio Strength</b> Shelia 10:00 <b>SilverSneakers®</b> Liz 6:00p <b>Barre</b> Jennifer	5:45a <b>Cycle</b> Kelly 9:30 <b>Cardio, Core &amp; More</b> Bonnie 10:45 <b>Zumba</b> Christine 2:00p <b>Pilates</b> Nija 6:00p <b>AquaFit</b> Denise 6:00p <b>WARRIOR Rhythm™</b> Jennifer	5:45a <b>Functional Strength Training</b> Morgan 9:15 <b>Barre</b> Morgan 10:15 <b>Beginner Yoga</b> Julie 11:15 <b>Chair Yoga</b> Julie	8:05a <b>Bootcamp</b> Susan 8:30a <b>Cycle</b> Kelly 9:00 <b>AquaFit</b> Susan 10:30 <b>STRONG NATION®</b> Danielle