


The Fitness Center at Kernersville Group Exercise Class Schedule January 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4	
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 hpfitnesscenterkernersville@wakehealth.edu		THERAPY POOL CLOSED FOR Aqua Yoga: Mon. 1pm -2pm WaterWalk: Fri. 1pm-2pm Jan. 7th 9-9:30a		 CLOSED		5:45a No Class		5:45a No Class			
						8:30 Func. Strength Morgan		8:30 CIA- Cycle, Intervals, & Arms Kelly		8:30a Cycle Natalie	
				9:00 AquaFit Debbie		10:45 Zumba Christine		10:15 Beginner Yoga Julie		9:00 AquaFit Susan	
				9:15 Cardio Strength Sheila		12:00 Zumba Gold Christine		11:15 Chair Yoga+ Julie		10:30 Zumba Christine	
				10:00 SilverSneakers® Liz		1:15 Yoga Melaina		1:00p YinYoga Julie			
				11:15 SeniorFit*** Susan		5:00 YOGA 45min Melaina		2:00 WaterWalk** Julie			
				1:00p Choice Yoga Julie		6:00 Let's Get HIIT Jalil					
				2:00p All level Yoga Julie							
				3:00 RestorativeYoga Julie							
				6:00p Cycle Natalie							
6		7		8		9		10		11	
5:45a Functional Strength Training Morgan				5:45a Functional Strength + Cardio Morgan		5:45a Barre Morgan		5:45a Functional Strength Training Morgan			
8:00 Aqua FlexBar Debbie		8:30 Barre Strength Morgan		8:00 Aqua FlexBar Debbie		8:30 Func. Strength Morgan				8:30 CIA- Cycle, Intervals, & Arms Kelly	
9:00 AquaFit Debbie		8:45 Cycle Kelly		9:00 AquaFit Debbie		8:45 CIA- Cycle, Intervals, & Arms Kelly		9:15 Barre Morgan			
9:15 Cardio Strength Sheila		9:30 Zumba Christine		9:15 Cardio Strength Sheila		10:45 Zumba Christine		10:15 Beginner Yoga Julie			
10:00 SilverSneakers® Liz		10:45 SeniorFit*** Susan		10:00 SilverSneakers® Liz		12:00 Zumba Gold Christine		11:15 Chair Yoga+ Julie		10:30 Zumba Shannon	
11:15 SeniorFit*** Susan				11:00 YOGA Melaina		1:15 Yoga Melaina		1:00p YinYoga Julie			
		4:30 YOGA Melaina		5:00 Zumba 45 min. Shannon		5:00 YOGA 45min Melaina		2:00 WaterWalk** Julie			
		6:00p Bootcamp Bonnie		6:00 HumpDay HIIT Jalil		6:00 Let's Get HIIT Jalil					
13		14		15		16		17		18	
5:45a Functional Strength Training Morgan				5:45a Functional Strength + Cardio Morgan		5:45a Barre Morgan		5:45a Functional Strength Training Morgan			
8:00 Aqua FlexBar Debbie		8:30 Barre Strength Morgan		8:00 Aqua FlexBar Debbie		8:30 Func. Strength Morgan				8:30 CIA- Cycle, Intervals, & Arms Kelly	
9:00 AquaFit Debbie		8:45 Cycle Kelly		9:00 AquaFit Debbie		8:45 CIA- Cycle, Intervals, & Arms Kelly		9:15 Barre Morgan			
9:15 Cardio Strength Sheila		9:30 Zumba Christine		9:15 Cardio Strength Sheila		10:45 Zumba Christine		10:15 Beginner Yoga Julie		9:00 AquaFit Susan	
10:00 SilverSneakers® Liz		10:45 SeniorFit*** Susan		10:00 SilverSneakers® Liz		12:00 Zumba Gold Christine		11:15 Chair Yoga+ Julie		10:30 Zumba Christine	
11:15 SeniorFit*** Susan				11:00 YOGA Melaina		1:15 Yoga Melaina		1:00p YinYoga Julie			
		4:30 YOGA Melaina		5:00 Zumba 45 min. Shannon		5:00 YOGA 45min Melaina		2:00 WaterWalk** Julie			
		6:00p Bootcamp Bonnie		6:00 HumpDay HIIT Jalil		6:00 Let's Get HIIT Jalil					
20		21		22		23		24		25	
MLK Holiday Hours 8:00a-4:00p				5:45a Functional Strength + Cardio Morgan		5:45a Barre Morgan		5:45a Functional Strength Training Morgan			
8:30 Functional Strength Training Morgan		8:30 Barre Strength Morgan		8:00 Aqua FlexBar Debbie		8:30 Func. Strength Morgan				8:30a Cycle Natalie	
9:15 Cardio Strength Sheila		8:45 Cycle Kelly		9:00 AquaFit Debbie		8:45 CIA- Cycle, Intervals, & Arms Kelly		9:15 Barre Morgan		9:30 Total Body Strength Natalie	
10:00 SilverSneakers® Maya		9:30 Zumba Christine		9:15 Cardio Strength Sheila		10:45 Zumba Christine		10:15 Beginner Yoga Julie			
11:15 SeniorFit*** Susan		10:45 SeniorFit*** Susan		10:00 SilverSneakers® Liz		12:00 Zumba Gold Christine		11:15 Chair Yoga+ Julie		10:30 Zumba Shannon	
1:00p Choice Yoga Julie		4:30 YOGA Melaina		11:00 YOGA Melaina		1:15 Yoga Melaina		1:00p YinYoga Julie			
2:00p All level Yoga Julie		6:00p Bootcamp Bonnie		5:00 Zumba 45 min. Shannon		5:00 YOGA 45min Melaina		2:00 WaterWalk** Julie			
				6:00 HumpDay HIIT Jalil		6:00 Let's Get HIIT Jalil					
27		28		29		30		31		Please Note: ISR will be held 3:00pm - 5:30pm Mon-Fri in open lanes of lap pool.	
5:45a Functional Strength Training Morgan				5:45a Functional Strength + Cardio Morgan		5:45a No Class		5:45a Functional Strength Training Morgan			
8:00 Aqua FlexBar Debbie		8:30 Barre Strength Morgan		8:00 Aqua FlexBar Debbie		8:30 Func. Strength Morgan					
9:00 AquaFit Debbie		8:45 Cycle Kelly		9:00 AquaFit Debbie		8:45 CIA- Cycle, Intervals, & Arms Kelly		9:15 Barre Morgan			
9:15 Cardio Strength Sheila		9:30 Zumba Christine		9:15 Cardio Strength Sheila		10:45 Zumba Shannon		10:15 Beginner Yoga Julie			
10:00 SilverSneakers® Liz		10:45 SeniorFit*** Susan		10:00 SilverSneakers® Liz		12:00 Zumba Gold Shannon		11:15 Chair Yoga+ Julie			
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		4:30 YOGA Melaina		5:00 Zumba 45 min. Shannon		5:00 YOGA 45min Melaina		2:00 WaterWalk** Julie			
		6:00p Bootcamp Bonnie		6:00 HumpDay HIIT Jalil		6:00 Let's Get HIIT Jalil					

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