

The Fitness Center at Kernersville Group Class Schedule Dec 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">Facility Hours</p> <p>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.</p> <p style="text-align: center;">Contact Information</p> <p>Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">INDOOR POOL</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">for classes Aqua Yoga Monday 1:00p.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.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">Indoor Pool Area Closed</p> <p style="text-align: center;">Every Tuesday 7:00 a.m.-9:00 a.m.</p> <p style="text-align: center;">Everyday 15 minutes prior to facility closure</p> </div>			<p style="text-align: center;">1</p> <p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p>	<p style="text-align: center;">2</p> <p>10:30 STRONG NATION® <i>Danielle</i></p>	
Find us on: facebook.					
4	5	6	7	8	9
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit <i>Susan</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>5:45a Cycle <i>Kelly</i></p> <p>8:30 Barre <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit <i>Susan</i></p> <p>6:00p Bootcamp <i>Bonnie</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>12:00 Fit Factory <i>Jordan</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45a Cycle <i>Kelly</i></p> <p>9:30 Strong Body <i>Bonnie</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>2:00p No Class</p> <p>6:00 Let's Get HIIT <i>Jalil</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p>	<p>8:30a Cycle <i>Kelly</i></p> <p>9:00 AquaFit <i>Susan</i></p> <p>10:30 STRONG NATION® <i>Danielle</i></p>
11	12	13	14	15	16
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit <i>Susan</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>5:45a Cycle <i>Kelly</i></p> <p>8:30 Barre <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit <i>Susan</i></p> <p>6:00p Bootcamp <i>Bonnie</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>12:00 Fit Factory <i>Jordan</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45a Cycle <i>Kelly</i></p> <p>9:30 Strong Body <i>Bonnie</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>2:00p Pilates <i>Nija</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:00* Barre <i>Morgan</i></p> <p>*note time this week only</p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p>	<p>8:30a Cycle <i>Kelly</i></p>
18	19	20	21	22	23
<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>11:15 SeniorFit <i>Susan</i></p> <p>1:00p WaterYoga** <i>Julie</i></p> <p>2:00p All level Yoga <i>Julie</i></p> <p>3:00 RestorativeYoga <i>Julie</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>5:45a Cycle <i>Kelly</i></p> <p>8:30 Barre <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 Zumba <i>Christine</i></p> <p>10:45 SeniorFit <i>Susan</i></p> <p>6:00p Bootcamp <i>Morgan</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 Aqua FlexBar <i>Debbie</i></p> <p>9:00 AquaFit <i>Debbie</i></p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Liz</i></p> <p>12:00 Fit Factory <i>Jordan</i></p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45a Cycle <i>Kelly</i></p> <p>9:30 Strong Body <i>Bonnie</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>2:00p Pilates <i>Nija</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p>	<p>8:30a Cycle <i>Kelly</i></p>
25	26	27	28	29	30
<p style="font-size: 2em; color: red; font-family: cursive;">Merry Christmas</p> <p style="font-size: 1.5em; color: green; font-weight: bold;">Closed</p>	<p>5:45a No Class</p> <p>8:30 Barre <i>Morgan</i></p> <p>8:45 Cycle <i>Kelly</i></p> <p>9:30 No Class <i>Christine</i></p> <p>10:45 No Class</p> <p>6:00p Bootcamp <i>Morgan</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength + Cardio <i>Morgan</i></p> <p>8:00 No Class</p> <p>9:00 No Class</p> <p>9:15 Cardio Strength <i>Shelia</i></p> <p>10:00 SilverSneakers® <i>Maya</i></p> <p>12:00 No Class</p> <p>6:00p Cycle <i>Natalie</i></p>	<p>8:30 Func. Strength <i>Morgan</i></p> <p>8:45a No Class</p> <p>9:30 Strong Body <i>Morgan</i></p> <p>10:45 Zumba <i>Christine</i></p> <p>2:00p Pilates <i>Nija</i></p> <p>6:00 Let's Get HIIT <i>Jalil</i></p> <p>3p-4p AquaArthritis <i>fee based</i></p>	<p>5:45a Functional Strength Training <i>Morgan</i></p> <p>9:15 Barre <i>Morgan</i></p> <p>10:15 Beginner Yoga <i>Julie</i></p> <p>11:15 Chair Yoga <i>Julie</i></p> <p>1:00p WaterWalk** <i>Julie</i></p>	<p>10:30 STRONG NATION® <i>Danielle</i></p>

*Please note - classes could change after this posting. Please check on our Facebook page