

The Fitness Center at Kernersville Group Exercise Class Schedule June 2025

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
2			3			4			5			6			7		
5:45a	Functional Strength Training	Sheila	8:15	Barre Strength	Lori	5:45a	No Class					5:45a	No Class				
8:00	Aqua FlexBar	Debbie	8:45	CIA- Cycle, Intervals, & Arms	Kelly	8:00	Aqua FlexBar	Debbie	8:45	CIA- Cycle, Intervals, & Arms	Kelly				8:30a	Cycle	Lori
9:15	OutdoorAqua	Debbie				9:15	OutdoorAqua	Debbie				9:15	Barre	Lori	9:30	Pilates Barre Mix	Lori
9:15	Power Pump	Sheila	9:15	AquaFit	Debbie	9:15	Power Pump	Sheila	9:15	AquaFit	Debbie	10:15	Beginner Yoga	Julie			
10:00	SilverSneakers®	Liz	9:30	Zumba	Christine	9:15	SlowRide	Kelly	10:45	Zumba	Christine	11:15	Chair Yoga+	Julie	9:15	AquaFit	Susan
11:15	SeniorFit***	Susan	10:45	SeniorFit***	Susan	10:00	SilverSneakers®	Liz	12:00	Zumba Gold	Christine	12:00	SeniorsInMotion	Saylor	10:30	Zumba	Christine
1:00p	Choice Yoga	Julie				11:00	YOGA	Melaina	1:15	Yoga	Melaina	12:00	YinYoga	Julie			
2:00	All level Yoga	Julie										1:00	Yogalates	Julie			
3:00	RestorativeYoga	Julie	4:30p	YOGA	Melaina	5:00p	Zumba 45 min.	Shannon	5:00	Barre	Lori						
5:00	Total Body Strgth	Kelly	6:00	Total Body Strgth	Lori	5:00	Cycle	Natalie	6:00	Let's Get HIIT	Jalil						
6:00	Cycle	Lori	6:00	Coming soon AquaFit		6:00	HumpDay HIIT	Jalil	6:00	Coming soon AquaFit							
7:00	Yoga	Melaina															
9			10			11			12			13			14		
5:45a	Functional Strength Training	Morgan	8:15	Barre Strength	Morgan	5:45a	Barre		Morgan			5:45a	Functional Strength Training	Morgan			
8:00	Aqua FlexBar	Debbie	8:45	No Class		8:00	Aqua FlexBar	Debbie	8:45	CIA- Cycle, Intervals, & Arms	Kelly				8:30a	Cycle	Natalie
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9:15	Power Pump	Sheila	9:15	AquaFit	Debbie	9:15	Power Pump	Sheila	9:15	AquaFit	Debbie	10:15	Beginner Yoga	Julie			
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23			24			25			26			27			28		
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5:45a	Functional Strength Training	Morgan	THERAPY POOL is for therapeutic exercise only Physical Therapy will have use of the pool at various times Mon-Thurs. <i>please be mindful there is partial use/no use of pool</i> 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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			Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00 pm Summer Saturday: 8:00am - 6:00pm Sunday: 12:00pm - 6:00pm Contact Information Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu														

5/27/25

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