


The Fitness Center at Kernersville Group Class Schedule June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
<p align="center">Facility Hours Mon. -Thurs.: 5:30 a.m. - 9:00 p.m. Friday: 5:30 a.m. - 8:00 p.m. Summer Saturday: 8:00 a.m. - 6:00 p.m. Sunday: 12:00 p.m. - 6:00 p.m. Contact Information Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu</p>		<p>Indoor Pool Area Closed Every Tuesday 7:00 a.m.-9:00 a.m.</p> 	5:45a Cycle Kelly 9:30 Total Body Challenge Bonnie 9:45 Cycle&Stretch Kelly 10:45 Zumba Christine 2:00p Pilates Nija 6:00p AquaFit Denise	5:45a Functional Strength Training Morgan 8:30** Barre Morgan <i>time change this day only</i> 10:15 Beginner Yoga Julie 11:15 Chair Yoga Julie	9:00 AquaFit Susan 10:30 STRONG NATION® Danielle
5	6	7	8	9	10
5:45a <i>No class this week</i> 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Shelia 10:00 <i>No SS Class</i> 11:15 SeniorFit Susan 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	6:45a Cycle Natalie 9:30 Zumba Christine 9:45 Cycle&Stretch Kelly 10:45 SeniorFit Susan 4:30p Pilates Nija 6:00p AquaFit Denise 6:00p Total Body Challenge Bonnie	5:45a <i>No class this week</i> 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Shelia 10:00 <i>No SS Class</i> 12:00 Fit Factory Jordan	5:45a Cycle Kelly 9:30 Cardio, Core & More Bonnie 9:45 Cycle&Stretch Kelly 10:45 Zumba Christine 2:00p Pilates Nija 5:00 Let's Get HIIT Jalil 6:00p AquaFit Denise	5:45a <i>No class this week</i> 9:15 <i>No class</i> Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga Julie	8:30a Cycle Kelly 9:00 AquaFit Denise 10:30 STRONG NATION® Danielle
12	13	14	15	16	17
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Shelia 10:00 SilverSneakers® Liz 11:15 SeniorFit Susan 1:00p WaterYoga** Julie 2:00p All level Yoga Julie 3:00 RestorativeYoga Julie 6:00p Cycle Natalie	6:45a Cycle Natalie 8:30 Barre Morgan 9:30 Zumba Christine 9:45 Cycle&Stretch Kelly 10:45 SeniorFit Susan 4:30p Pilates Christie 6:00p AquaFit Denise	5:45a Functional Strength + Cardio Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Shelia 10:00 SilverSneakers® Liz 12:00 Fit Factory Jordan	5:45a Cycle Kelly 9:30 <i>No class this week</i> 9:45 Cycle&Stretch Kelly 10:45 Zumba Christine 2:00p Pilates Nija 5:00 Let's Get HIIT Jalil 6:00p AquaFit Denise	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga Julie	8:30a Cycle Natalie 9:00 AquaFit Denise 10:30 STRONG NATION® Danielle
19	20	21	22	23	24
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