

The Fitness Center at Kernersville Group Exercise Class Schedule October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Saturday: 8:00am - 4:00pm Sunday: 12:00pm - 6:00pm Contact Information Phone: 336-992-1700 hpfitnesscenterkvilleAHWFB@advocatehealth.org		1 5:45a Barre Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:15p Zumba 45 min. Shannon 6:15 Full-body HIIT Jalil	2 8:45 Cycle Kelly 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:30 Barre Lori 6:00 AquaFit Laura	3 5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 No Class 12:00 YinYoga Julie 1:00 Yogalates Julie	4 8:30a Cycle Natalie 9:30 Total Body Strength Natalie 10:30 Zumba Christine
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			
6	7	8	9	10	11
5:45a Functional Strength Training Morgan 8:00 No Class 9:15 AquaFit Laura 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFit*** Susan 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 Total Body Strgth Natalie 6:00 Cycle Natalie	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Laura 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre Morgan 8:00 No Class 9:15 AquaFit Laura 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:15p Zumba 45 min. Shannon 6:15 Full-body HIIT Jalil	8:45 No Class 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 No Class 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:30 Barre Lori 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 SeniorsInMotion Saylor 12:00 YinYoga Julie 1:00 Yogalates Julie	9:30 Barre Pilates Lori Fusion 9:00 AquaFitFit Susan 10:30 Zumba Shannon
13	14	15	16	17	18
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFit*** Susan 1:00p Choice Yoga Julie 2:00 All level Yoga Julie 3:00 RestorativeYoga Julie 5:00 No Class 6:00 No Class	8:15 Barre Strength Morgan 8:45 No Class Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 No Class 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:15p Zumba 45 min. Shannon 6:15 Full-body HIIT Jalil	8:45 No Class Kelly 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 No Class 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:30 Barre Strength Sheila 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 No Class 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 SeniorsInMotion Saylor 12:00 YinYoga Julie 1:00 Yogalates Julie	9:30 Barre Pilates Lori Fusion 10:30 Zumba Christine
20	21	22	23	24	25
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27	28	29	30	31	THERAPY POOL Is for therapeutic exercise only Physical Therapy will have use of the pool at various times Mon-Thurs. please be mindful there is partial use/no use of pool
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFit*** Susan 1:00p Choice Yoga Melaina 2:00 All level Yoga Melaina 3:00 No Class 5:00 Total Body Strgth Natalie 6:00 Cycle Natalie	8:15 Barre Strength Morgan 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 4:30p YOGA Melaina 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	5:45a Barre Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:15p Zumba 45 min. Shannon 6:15 Full-body HIIT Jalil	8:45 Cycle Kelly 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 10:45 Zumba Christine 12:00 Zumba Gold Christine 1:15 Yoga Melaina 5:30 Barre Lori 6:00 AquaFit Laura	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 No Class 12:00 No Class 1:00 No Class	

10/2/25

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