


The Fitness Center at Kernersville Group Class Schedule March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Facility Hours Mon.-Thurs: 5:30a.m.- 9:00p.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>Contact Information Phone: 336-992-1700 hpfitnesscenterkville@wakehealth.edu</p> <p>Find us on:  facebook.</p>			<p>THERAPY POOL CLOSED FOR Aqua Yoga: Mon. 1 p.m.-2 p.m. WaterWalk: Fri. 1 p.m-2 p.m. Aqua Arthritis/Fibromyalgia (fee based class) Tues./Thurs. 2:50 p.m. - 4:00 p.m.</p> <p>Indoor Pool Area Closed Every Tuesday 7:00 a.m.-9:00 a.m. Everyday</p>		1	2
4	5	6	7	8	9	
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	5:45a Cycle Natalie 8:30 Barre Strength Morgan 8:45 No Class 9:30 Zumba Christine 10:45 SeniorFit Susan 4:30 YOGA Melaina 6:00p Bootcamp Bonnie 3p-4p AquaArthritis fee based	5:45a Functional Strength + Cardio Morgan 8:00 Aqua FlexBar Debbie 9:00 AquaFit Debbie 9:15 Cardio Strength Shelia 10:00 SilverSneakers® Liz 10:45 YOGA Melaina 12:00 Fit Factory Jordan	5:45a Barre Morgan 8:30 Func. Strength Morgan 8:45 No Class 9:30 Strong Body Bonnie 10:45 Zumba Christine 12:00 Zumba Gold Christine 2:00p Pilates Nija 6:00 Let's Get HIIT Jalil 7:00 YOGA Melaina 3p-4p AquaArthritis fee based	5:45a Functional Strength Training Morgan 9:15 Barre Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga Julie 1:00p WaterWalk** Julie	8:30a CIA- Cycle, Intervals, & Arms Kelly 9:00 AquaFit Susan 10:30 STRONG NATION® Danielle 8:30a Cycle Natalie 9:30 Total Body Strength Natalie 10:30 STRONG NATION® Danielle	
11	12	13	14	15	16	
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18	19	20	21	22	23	
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25	26	27	28	29	30	
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*Please note - classes may change after this posting. Please check on our Facebook page