

The Fitness Center at Kernersville Group Exercise Class Schedule August 2026

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
3			4			5			6			7			1		
5:45a	Functional Strength Training	Morgan				5:45a	Barre Strength	Morgan				5:45a	Functional Strength Training	Morgan	8:30	Stength	Natalie
8:00	Aqua FlexBar	Debbie	8:45	Cycle	Kelly	8:00	Aqua FlexBar	Debbie	9:00	Yoga	Melaina				9:00	OutdoorAqua	Susan
9:15	OutdoorAqua	Debbie	9:15	AquaFit	Debbie	9:15	OutdoorAqua	Debbie	9:15	AquaFit	Debbie	9:15	OutdoorAqua	Laura	10:30	Zumba	Shannon
9:15	Power Pump	Sheila	9:30	Zumba	Christine	9:15	Power Pump	Sheila	9:45	SlowRide	Kelly	9:15	Barre Strength	Morgan			
10:00	SilverSneakers*	Liz	9:45	SlowRide	Kelly	10:00	SilverSneakers*	Liz	10:00	SilverSneakers*	Janée	10:15	Chair Yoga+	Julie			
11:15	SeniorFit***	Susan	10:45	SeniorFit***	Susan	11:00	YOGA	Melaina	10:45	Zumba	Christine	11:15	Beginner Yoga	Julie	8		
12:30	Yoga	Melaina	12:00	Beginner Yoga	Julie	12:15	Zumba	Shannon	12:00	Zumba Gold	Christine	12:00	Tai Chi walking	Julie	8:30	Stength	Sheila
			1:00	Yoga All levels	Julie							1:00	Yogalates	Julie			
			2:00	Tai Chi walking	Julie							2:00	Beginner Tai Chi	Julie	10:30	Zumba	Christine
6:00	Cardio-Dance	Shannon	6:00	Total Body Strgth	Lori	6:05	Full-body HIIT	Jalil	5:30	Bootcamp	Xavier						
			6:00	AquaFit	Laura				6:00	OutdoorAqua	Laura						
10			11			12			13			14			15		
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10:00	No Class		9:45	SlowRide	Kelly	10:00	SilverSneakers*	Janée	10:00	SilverSneakers*	Janée	10:15	Chair Yoga+	Julie	10:30	Zumba	Shannon
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24			25			26			27			28			29		
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			6:00	AquaFit	Laura				6:00	OutdoorAqua	Laura						
31																	
5:45a	Functional Strength Training	Morgan	Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure			Facility Hours Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Summer Saturdays: 8:00am - 6:00pm Sunday: 12:00pm - 6:00pm Contact Information Phone: 336-992-1700 hpfitnesscenterkviLAHWFB@advocatehealth.org						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 Please Note: Swim Lesson will be held 2:30pm - 5:30pm Mon-Fri in open lanes of lap pool inclement weather days					
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*Please note - classes may change after this posting. Please check on our Facebook page or front desk

7/28/26