

The Fitness Center at Kernersville Group Exercise Class Schedule April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 10px; text-align: center;"> 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 hpfitnesscenterkernersville@advocatehealth.org </div>		1 5:45a Barre Strength Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Janée 11:00 YOGA Melaina 12:15 Zumba Shannon 6:05 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 5:30 No Class 6:00 AquaFit Laura	3 5:45a Functional Strength Training Morgan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 Yogalates Julie 1:00 YinYoga Julie 2:00 Tai Chi walking Julie	4 9:30 PilatesBarre Fusion Lori <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> Facility Closed on Easter Sunday </div>
		6 5:45a No Class 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Liz 11:15 SeniorFit*** Susan 12:30 Yoga Melaina 6:00 No Class	7 8:45 No Class 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 No Class 10:45 SeniorFit*** Susan 12:00 Beginner Yoga Julie 1:00 Yoga All levels Julie 2:00 Tai Chi walking Julie 6:00 Total Body Strgth Sheila 6:00 AquaFit Laura	8 5:45a Barre Strength 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 6:05 Full-body HIIT Jalil	9 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 5:30 Zumba Shannon 6:00 AquaFit Laura
13 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 12:30 Yoga Melaina 6:00 Cardio-Dance Shannon	14 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 12:00 Beginner Yoga Julie 1:00 Yoga All levels Julie 2:00 Tai Chi walking Julie 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	15 5:45a Barre Strength Morgan 8:00 Aqua FlexBar Debbie 9:15 AquaFit Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers® Janée 11:00 YOGA Melaina 12:15 Zumba Shannon 6:05 Full-body HIIT Jalil	16 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 5:30 PilatesBarre Fusion Lori 6:00 AquaFit Laura	17 5:45a Functional Strength Training Morgan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 Yogalates Julie 1:00 YinYoga Julie 2:00 Tai Chi walking Julie	18 9:00 AquaFit Susan 9:30 PilatesBarre Fusion Lori 10:30 Zumba Shannon
20 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 12:30 Yoga Melaina 6:00 Cardio-Dance Shannon	21 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 12:00 No Class 1:00 No Class 2:00 No Class 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	22 5:45a Barre Strength 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 6:05 Full-body HIIT Jalil	23 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 5:30 PilatesBarre Fusion Lori 6:00 AquaFit Laura	24 5:45a Functional Strength Training Morgan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Beginner Yoga Julie 11:15 Chair Yoga+ Julie 12:00 Yogalates Julie 1:00 YinYoga Julie 2:00 Tai Chi walking Julie	25 8:30 Stength Natalie 10:30 Zumba Christine
27 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 12:30 Yoga Melaina 6:00 Cardio-Dance Shannon	28 8:45 Cycle Kelly 9:15 AquaFit Debbie 9:30 Zumba Christine 9:45 SlowRide Kelly 10:45 SeniorFit*** Susan 12:00 Beginner Yoga Julie 1:00 Yoga All levels Julie 2:00 Tai Chi walking Julie 6:00 Total Body Strgth Lori 6:00 AquaFit Laura	29 5:45a Barre Strength 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 6:05 Full-body HIIT Jalil	30 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 5:30 No Class 6:00 AquaFit Laura	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> 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 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Indoor Pool Area Closed Every Tuesday: 7:00 a.m.-9:00 a.m. Everyday: 15 minutes prior to facility closure </div> <div style="border: 1px solid black; padding: 5px;"> Please Note: Swim Lesson will be held 2:30pm - 5:30pm Mon-Fri in open lanes of lap pool. some Sat 10a-2p </div>	

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