

The Fitness Center at Kernersville Group Exercise Class Schedule July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div style="border: 1px solid black; padding: 5px;"> <p align="center">Facility Hours</p> <p>Mon.-Thurs: 5:30am - 9:00pm Friday: 5:30am - 8:00pm Suumer Saturdays: 8:00am - 6:00pm Sunday: 12:00pm - 6:00pm</p> <p align="center">Contact Information</p> <p>Phone: 336-992-1700 hpfitnesscenterkernersville@advocatehealth.org</p> </div>		1	2	3	4		
		5:45a No class 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:00 YOGA Melaina 12:15 Zumba Christine 6:05 Full-body HIIT Jalil	8:45 No class 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 No class 10:00 SilverSneakers* Janée 10:45 Zumba Christine 12:00 Zumba Gold Christine 5:30 Bootcamp Xavier 6:00 OutdoorAqua Laura	Holiday Hours 8:00am - 4:00pm	9:00 OutdoorAqua Susan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Chair Yoga+ Julie 11:15 Beginner Yoga Julie 12:00 Tai Chi walking Julie 1:00 Yogalates Julie 2:00 YinYoga Julie	<div style="border: 1px solid black; padding: 5px;"> <p align="center">Independence Day Hours</p> <p align="center">8:00am - 4:00pm</p> </div>	
<div style="border: 1px solid black; padding: 5px;"> <p align="center">Indoor Pool Area Closed</p> <p align="center">Every Tuesday: 7:00 a.m.-9:00 a.m.</p> <p align="center">Everyday: 15 minutes prior to facility closure</p> </div>		6	7	8	9	10	11
5:45a Functional Strength Training Sheila 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:15 SeniorFit*** Susan 12:30 Yoga Melaina 6:00 Cardio-Dance Shannon	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 Lori 6:00 AquaFit Laura	5:45a No class 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 5:00p *Waist Mgmt. Jalil & Bootcamp 40min. Xavier 6:05 Full-body HIIT Jalil	8:45 No class 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 No class 10:00 SilverSneakers* Janée 10:45 Zumba Christine 12:00 Zumba Gold Christine 5:30 Bootcamp Xavier 6:00 OutdoorAqua Laura	5:45a No class 9:15 AquaFit Laura 9:15 No class 10:15 Chair Yoga+ Julie 11:15 Beginner Yoga Julie 12:00 Tai Chi walking Julie 1:00 Yogalates Julie 2:00 YinYoga Julie	10:30 Zumba Christine 10:30 Zumba Shannon		
13	14	15	16	17	18		
5:45a Functional Strength Training Morgan 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:15 SeniorFit*** Susan 12:30 Yoga Melaina 6:00 Cardio-Dance Shannon	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	5:45a Barre Strength Morgan 8:00 Aqua FlexBar Debbie 9:15 OutdoorAqua Debbie 9:15 Power Pump Sheila 10:00 SilverSneakers* Liz 11:00 YOGA Melaina 12:15 Zumba Shannon 6:05 Full-body HIIT Jalil	8:45 Cycle Kelly 9:00 Yoga Melaina 9:15 AquaFit Debbie 9:45 SlowRide Kelly 10:00 SilverSneakers* Janée 10:45 Zumba Christine 12:00 Zumba Gold Christine 5:30 Bootcamp Xavier 6:00 OutdoorAqua Laura	5:45a Functional Strength Training Morgan 9:15 AquaFit Laura 9:15 Barre Strength Morgan 10:15 Chair Yoga+ Julie 11:15 Beginner Yoga Julie 12:00 Tai Chi walking Julie 1:00 Yogalates Julie 2:00 YinYoga Julie	9:00 OutdoorAqua Susan 10:30 Zumba Shannon		
20	21	22	23	24	25		
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27	28	29	30	31			
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*Please note - classes may change after this posting. Please check on our Facebook page or front desk