

The Fitness Center at Kernersville Group Exercise Class Schedule March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>	8:45 Cycle <i>Kelly</i>	5:45a Functional Strength Training <i>Morgan</i>	
8:00 Aqua FlexBar <i>Debbie</i>	8:45 Cycle <i>Kelly</i>	8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>	9:15 AquaFit <i>Laura</i>	9:30 PilatesBarre Fusion <i>Lori</i>
9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 Barre Strength <i>Morgan</i>	
9:15 Power Pump <i>Sheila</i>	9:30 No Zumba Class	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	10:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Shannon</i>
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:45 No Zumba Class	11:15 Chair Yoga+ <i>Julie</i>	
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	12:00 No Zumba Gold Class	12:00 Yogalates <i>Julie</i>	
12:30 Yoga <i>Melaina</i>	12:00 No Class	12:15 Zumba <i>Shannon</i>		1:00 YinYoga <i>Julie</i>	
	1:00 No Class		5:30 PilatesBarre Fusion <i>Lori</i>		
6:00 Cardio-Dance <i>Shannon</i>	2:00 No Class		6:00 AquaFit <i>Laura</i>		
	6:00 Total Body Strgth <i>Lori</i>	6:05 Full-body HIIT <i>Jalil</i>			
	6:00 AquaFit <i>Laura</i>				
9	10	11	12	13	14
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>	8:45 No Class	5:45a Functional Strength Training <i>Morgan</i>	8:30 Stength <i>Natalie</i>
8:00 Aqua FlexBar <i>Debbie</i>	8:45 No Class	8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>	9:15 AquaFit <i>Laura</i>	9:00 AquaFit <i>Susan</i>
9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 Barre Strength <i>Morgan</i>	9:30 Cycle <i>Natalie</i>
9:15 Power Pump <i>Sheila</i>	9:30 No Zumba Class	9:15 Power Pump <i>Sheila</i>	9:45 No Class	10:15 Beginner Yoga <i>Julie</i>	9:30 PilatesBarre Fusion <i>Lori</i>
10:00 SilverSneakers® <i>Liz</i>	9:45 No Class	10:00 SilverSneakers® <i>Liz</i>	10:45 No Zumba Class	11:15 Chair Yoga+ <i>Julie</i>	10:30 Zumba <i>Shannon</i>
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	12:00 No Zumba Gold Class	12:00 Yogalates <i>Julie</i>	
12:30 Yoga <i>Melaina</i>	12:00 Choice Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>		1:00 YinYoga <i>Julie</i>	
	1:00 Yoga All levels <i>Julie</i>		5:30 No Class		
6:00 Cardio-Dance <i>Shannon</i>	2:00 Tai Chi walking <i>Julie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Laura</i>		
	6:00 Total Body Strgth <i>Sheila</i>				
	6:00 AquaFit <i>Laura</i>				
16	17	18	19	20	21
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>	8:45 Cycle <i>Kelly</i>	5:45a Functional Strength Training <i>Morgan</i>	8:30 Cycle <i>Natalie</i>
8:00 Aqua FlexBar <i>Debbie</i>	8:45 Cycle <i>Kelly</i>	8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>	9:15 AquaFit <i>Laura</i>	9:00 AquaFit <i>Susan</i>
9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 Barre Strength <i>Morgan</i>	9:30 PilatesBarre Fusion <i>Lori</i>
9:15 Power Pump <i>Sheila</i>	9:30 No Zumba Class	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	10:15 Beginner Yoga <i>Julie</i>	10:30 Zumba <i>Shannon</i>
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:45 No Zumba Class	11:15 Chair Yoga+ <i>Julie</i>	
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	12:00 No Zumba Gold Class	12:00 Yogalates <i>Julie</i>	
12:30 Yoga <i>Melaina</i>	12:00 Choice Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>		1:00 YinYoga <i>Julie</i>	
	1:00 Yoga All levels <i>Julie</i>		5:30 PilatesBarre Fusion <i>Lori</i>		
6:00 Cardio-Dance <i>Shannon</i>	2:00 Tai Chi walking <i>Julie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Laura</i>		
	6:00 Total Body Strgth <i>Lori</i>				
	6:00 AquaFit <i>Laura</i>				
23	24	25	26	27	28
5:45a Functional Strength Training <i>Morgan</i>		5:45a Barre Strength <i>Morgan</i>	8:45 Cycle <i>Kelly</i>	5:45a Functional Strength Training <i>Morgan</i>	8:30 Stength <i>Natalie</i>
8:00 Aqua FlexBar <i>Debbie</i>	8:45 Cycle <i>Kelly</i>	8:00 Aqua FlexBar <i>Debbie</i>	9:00 Yoga <i>Melaina</i>	9:15 AquaFit <i>Laura</i>	9:00 AquaFit <i>Susan</i>
9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>	9:15 Barre Strength <i>Morgan</i>	9:30 Cycle <i>Natalie</i>
9:15 Power Pump <i>Sheila</i>	9:30 No Zumba Class	9:15 Power Pump <i>Sheila</i>	9:45 SlowRide <i>Kelly</i>	10:15 Beginner Yoga <i>Julie</i>	9:30 PilatesBarre Fusion <i>Lori</i>
10:00 SilverSneakers® <i>Liz</i>	9:45 SlowRide <i>Kelly</i>	10:00 SilverSneakers® <i>Liz</i>	10:45 No Zumba Class	11:15 Chair Yoga+ <i>Julie</i>	10:30 Zumba <i>Shannon</i>
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>	11:00 YOGA <i>Melaina</i>	12:00 No Zumba Gold Class	12:00 Yogalates <i>Julie</i>	
	12:00 Choice Yoga <i>Julie</i>	12:15 Zumba <i>Shannon</i>		1:00 YinYoga <i>Julie</i>	
6:00 Cardio-Dance <i>Shannon</i>	1:00 Yoga All levels <i>Julie</i>		5:30 PilatesBarre Fusion <i>Lori</i>		
	2:00 Tai Chi walking <i>Julie</i>	6:05 Full-body HIIT <i>Jalil</i>	6:00 AquaFit <i>Laura</i>		
	6:00 Total Body Strgth <i>Lori</i>				
	6:00 AquaFit <i>Laura</i>				
30	31	<p>THERAPY POOL Is for therapeutic exercise only</p> <p>Physical Therapy will have use of the pool at various times Mon-Thurs. <i>please be mindful there is partial use/no use of pool</i></p>		<p>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 hpfitnesscenterkviIAHWFB@advocatehealth.org</p>	
5:45a Functional Strength Training <i>Morgan</i>		<p>Please Note: Swim Lesson will be held 2:30pm - 5:30pm Mon-Fri in open lanes of lap pool. some Sat 10a-2p</p>		<p>Indoor Pool Area Closed Every Tuesday: 7:00 a.m. - 9:00 a.m. Everyday: 15 minutes prior to facility closure</p>	
8:00 Aqua FlexBar <i>Debbie</i>	8:45 Cycle <i>Kelly</i>				
9:15 AquaFit <i>Debbie</i>	9:15 AquaFit <i>Debbie</i>				
9:15 Power Pump <i>Sheila</i>	9:30 No Zumba Class				
10:00 SilverSneakers® <i>TBD</i>	9:45 SlowRide <i>Kelly</i>				
11:15 SeniorFit*** <i>Susan</i>	10:45 SeniorFit*** <i>Susan</i>				
12:30 Yoga <i>Melaina</i>	12:00 Choice Yoga <i>Julie</i>				
	1:00 Yoga All levels <i>Julie</i>				
6:00 Cardio-Dance <i>Shannon</i>	2:00 Tai Chi walking <i>Julie</i>				
	6:00 Total Body Strgth <i>Lori</i>				
	6:00 AquaFit <i>Laura</i>				

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