

The Fitness Center at Kernersville Group Class Schedule Febraury 13-18 2023



**Facility Hours**

Mon. -Thurs.: 5:30 a.m. - 9:00 p.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.

**Contact Information**

Phone: 992-1700  
 hpfitnesscenterkvill@wakehealth.edu  
 www.fitnesscenterkville.com

13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday
5:45a	<b>Total Body Strength</b> <i>Morgan</i>	5:45a	<b>Spinning®</b> <i>Angie</i>	5:45a	<b>Total Body HIIT</b> <i>Morgan</i>	5:45a	<b>Spinning®</b> <i>Angie</i>	5:45a	<b>Total Body Strength</b> <i>Morgan</i>		
8:00	<b>Aqua FlexBar</b> <i>Debbie</i>			8:00	<b>Aqua Flex</b> <i>Debbie</i>			9:15	<b>Barre</b> <i>Morgan</i>	8:05a	<b>Bootcamp</b> <i>Susan</i>
9:00	<b>AquaFit</b> <i>Debbie</i>	9:00	<b>Cycle</b> <i>Kelly</i>	9:00	<b>AquaFit</b> <i>Debbie</i>	9:30	<b>Cardio, Core &amp; More</b> <i>Bonnie</i>	10:15	<b>Yoga</b> <i>Julie</i>	8:30a	<b>Cycle</b> <i>Kelly</i>
9:00	<b>Cardio Strength</b> <i>Shelia</i>	9:30	<b>Zumba</b> <i>Christine</i>	9:00	<b>Cardio Strength</b> <i>Shelia</i>	10:45	<b>Zumba</b> <i>Christine</i>	11:15	<b>Chair Yoga</b> <i>Julie</i>	9:00	<b>AquaFit</b> <i>Susan</i>
10:00	<b>SilverSneakers®</b> <i>Liz</i>	10:45	<b>SeniorFit</b> <i>Susan</i>	10:00	<b>SilverSneakers®</b> <i>Liz</i>	2:00p	<b>Pilates</b> <i>Nija</i>				
11:15	<b>Bootcamp</b> <i>Susan</i>	4:30p	<b>Pilates</b> <i>Christie</i>	6:00p	<b>WARRIOR Strength™</b> <i>Jennifer</i>	6:00p	<b>AquaFit</b> <i>Denise</i>				
6:00p	<b>Spinning®</b> <i>Angie</i>	6:00p	<b>AquaFit</b> <i>Denise</i>			6:00p	<b>WARRIOR Rhythm™</b> <i>Jennifer</i>				
		6:00p	<i>Coming Feb. 21st Total Body Challenge</i> <i>Bonnie</i>								

