

The Fitness Center at Kernersville Group Class Schedule - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Facility Hours</p> <p>Mon. -Thurs.: 5:30 a.m. - 9:00 p.m. Friday: 5:30 a.m. - 8:00 p.m. Saturday: 8:00 a.m. - 6:00 p.m. Sunday: 12:00 p.m. - 6:00 p.m.</p> <p style="text-align: center;">Contact Information</p> <p>Phone: 992-1700 Fax: 992-1701</p>		<p style="text-align: center;">Indoor Pool Closed Every Tuesday 8:00 a.m. - 10:00 a.m.</p> <p style="text-align: center;">Please Note: American Red Cross Swim Lessons and ISR may be held in Therapy Pool or in open lanes of lap pool.</p>	<p style="text-align: center;">Therapy Pool is open: <i>Weekdays: 5:30 a.m. - 9:00 a.m.; 1:30 p.m. - 3:00 p.m.; 7:00 p.m. - 8:30 p.m.</i> <i>Weekends- normal operating hours (except Sundays 1-2)</i></p>	<p style="text-align: center;">Pacesetters</p> <p>4th - Move&Groove 6th - Lower Body 11th - Stretch 13th - Upper Body 18th - Fitball 20th - Bands&Balance 25th - Sculpt 27th - Stretch</p>	<p style="text-align: center;">**Please note: Outdoor Aqua classes are weather permitting. In the cases of inclement weather classes will be held indoor pool with exception of Tuesday 9:00 a.m. this class will be cancelled.</p>	<p>8:30 Cycle Tara 8:30 CardioStrength Cindy 9:15 Aqua 45 min Jane</p>
<p>1:00 Water Yoga Julie 2:00 Yoga Julie 3:00 Restorative Yoga Julie</p>	<p>9:15 Tabata JBohanon 9:15 AquaFit Debbie 10:00 Silver Sneakers® ES Staff 10:15 PiYoLIVE® 45min JBohanon 11:00 Fit 4 Life JBohanon 11:00 SeniorCircuit ES Staff 6:00p Tabata Cindy 6:15 Cycle Claudia 6:15 AquaZumba® Debbie 7:00 Fast Flow Yoga Louis</p>	<p>5:45a Cycle Chad 9:00 FitBarre Fusion JBohanon 10:00 Zumba®Gold Chrstine 10:15 Water Walk Debbie 11:00 Pacesetters Susan 5:45p Cycle Claudia 6:30 Bootcamp Express Claudia 6:15 Aqua Kelly H 7:00 Beginner Yoga Julie</p>	<p>5:45a C.S.I. Kelly K 9:15 Power Sculpt Susan 9:15 H2O Blast Debbie 10:00 Silver Sneakers® ES Staff 11:00 Fit 4 Life JBohanon 11:45 Stretch Express JBohanon 6:00 Zumba® Christine 6:15 Cycle Tara 7:00 Strength Cindy</p>	<p>5:45a Cycle Chad 9:00 Aqua Flex Bar Debbie 9:15 C.S.I. Kelly K 11:00 Pacesetters Susan 4:45p PiYoLIVE® 45min JBohanon 5:45 FitBarre Fusion JBohanon 6:15 AquaFit Denise</p>	<p>9:00 Silver Sneakers® ES Staff 9:00 Bootcamp Britni 9:15 AquaZumba® Debbie 10:00 Zumba®Gold Christine 11:00 Beginner Yoga Julie 12:00 Yogalates Julie</p>	<p>8:30 Cycle Kelly K 8:30 CardioStrength Cindy 9:15 Aqua 45 min Jane</p>
<p>1:00 Water Yoga Julie 2:00 Yoga Julie 3:00 Restorative Yoga Julie</p>	<p>9:15 Tabata Britni 9:15 AquaFit Debbie 10:00 Silver Sneakers® ES Staff 10:15 To be determined Britni 11:00 Fit4LifeZumbaGold Christine 11:00 SeniorCircuit ES Staff 6:00p Tabata Cindy 6:15 No Cycle class 6:15 AquaZumba® Debbie 7:00 Fast Flow Yoga Louis</p>	<p>5:45a Cycle Chad 9:00 Tabata Kelly K 10:00 Zumba®Gold Chrstine 10:15 Water Walk Debbie 11:00 Pacesetters Susan 5:45p No Cycle 6:30 No Bootcamp Express 6:15 Aqua Kelly H 7:00 Beginner Yoga Julie</p>	<p>5:45a C.S.I. Kelly K 9:15 Power Booty Susan 9:15 H2O Blast Debbie 10:00 Silver Sneakers® ES Staff 11:00 Fit 4 Life Britni 11:45 Stretch Express Britni 6:00 Zumba® Christine 6:15 Cycle Kelly K 7:00 Strength Cindy</p>	<p>5:45a Cycle Chad 9:00 Aqua Flex Bar Debbie 9:15 C.S.I. Kelly K 11:00 Pacesetters Susan 4:45p No PiYoLIVE® class 5:45 No FitBarre Fusion Class 6:15 AquaFit Denise</p>	<p>9:00 Silver Sneakers® ES Staff 9:00 Bootcamp Kelly K 9:15 AquaFit Susan 10:00 Zumba®Gold Christine 11:00 Beginner Yoga Julie 12:00 Yogalates Julie</p>	<p>8:30 Cycle Kelly K 8:30 CardioStrength Cindy 9:15 Aqua 45 min Denise</p>
<p style="font-size: 2em; color: blue; font-family: cursive;">Happy Father's Day!</p>	<p>9:15 Tabata Kelly K 9:15 AquaFit Debbie 10:00 Silver Sneakers® ES Staff 10:15 No PiYoLIVE® class 11:00 Fit4LifeZumbaGold Christine 11:00 SeniorCircuit ES Staff 6:00p Tabata Cindy 6:15 Cycle Claudia 6:15 AquaZumba® Debbie 7:00 Fast Flow Yoga Louis</p>	<p>5:45a Cycle Chad 9:00 FitBarre Fusion JBohanon 9:00 OutdoorAqua Debbie 10:00 Zumba®Gold Chrstine 10:15 Water Walk Debbie 11:00 Pacesetters Susan 5:45p Cycle Claudia 6:30 Bootcamp Express Claudia 6:15 OutdoorAqua Kelly H 7:00 Beginner Yoga Julie</p>	<p>5:45a C.S.I. Kelly K 9:15 Power Core Susan 9:15 H2O Blast Debbie 10:00 Silver Sneakers® ES Staff 11:00 Fit 4 Life JBohanon 11:45 Stretch Express JBohanon 6:00 Zumba® Christine 6:15 Cycle JBowman 7:00 Strength Cindy</p>	<p>5:45a Cycle Chad 9:00 Aqua Flex Bar Debbie 9:15 C.S.I. Kelly K 11:00 Pacesetters Susan 4:45p PiYoLIVE® 45min JBohanon 5:45 FitBarre Fusion JBohanon 6:15 OutdoorAqua Denise</p>	<p>9:00 Silver Sneakers® ES Staff 9:00 No Bootcamp class 9:15 AquaZumba® Debbie 10:00 Zumba®Gold Christine 11:00 Beginner Yoga Julie 12:00 Yogalates Julie</p>	<p>8:30 Cycle Tara 8:30 CardioStrength Cindy 9:15 OutdoorAqua Jane</p>
<p>1:00 Water Yoga Julie 2:00 Yoga Julie 3:00 Restorative Yoga Julie</p>	<p>9:15 Tabata JBohanon 9:15 No AquaFit class 10:00 Silver Sneakers® ES Staff 10:15 PiYoLIVE® 45min JBohanon 11:00 Fit 4 Life JBohanon 11:00 SeniorCircuit ES Staff 6:00p Tabata Cindy 6:15 Cycle Claudia 6:15 AquaZumba® Debbie 7:00 Fast Flow Yoga Louis</p>	<p>5:45a Cycle Chad 9:00 FitBarre Fusion JBohanon 9:00 OutdoorAqua Debbie 10:00 Zumba®Gold Chrstine 10:15 Water Walk Debbie 11:00 Pacesetters Susan 5:45p Cycle Claudia 6:30 Bootcamp Express Claudia 6:15 OutdoorAqua Kelly H 7:00 Beginner Yoga Julie</p>	<p>5:45a No C.S.I. class 9:15 Power Mix Susan 9:15 OutdoorAqua Debbie 10:00 Silver Sneakers® ES Staff 11:00 Fit 4 Life JBohanon 11:45 Stretch Express JBohanon 6:00 Dance Party Cindy 6:15 Cycle JBowman 7:00 Strength Cindy</p>	<p>5:45a Cycle Chad 9:00 Aqua Flex Bar Debbie 9:15 C.S.I. JBohanon 11:00 Pacesetters Susan 4:45p PiYoLIVE® 45min JBohanon 5:45 FitBarre Fusion JBohanon 6:15 OutdoorAqua Denise</p>	<p>9:00 Silver Sneakers® ES Staff 9:00 Bootcamp Britni 9:15 AquaZumba® Debbie 10:00 No Zumba® Gold class 11:00 Beginner Yoga Julie 12:00 Yogalates Julie</p>	<p>8:30 Cycle JBowman 8:30 CardioStrength Cindy 9:15 OutdoorAqua Denise</p>
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