

**October 1-31**

	Mon	Tues	Wed	Thurs	Fri	Sat	
5:05	Cardio Plus+	Muscle Pump	Cardio Blast	Stretch & Tone	Cardio Plus+	See Below	
6:00	KPS-	NO CLASS	KPS	KPS	KPS		
8:00	Cardio Plus+	Cardio Plus+	Muscle Pump	Cardio Blast	Cardio Plus+		
9:00	Silver Sneakers® Classic	Yoga 101	Silver Sneakers® Classic	Yoga 101	Aerobics 101		
10:00	KPS	Yoga 201	KPS	KPS	KPS		
4:30	Cardio Plus+	TC-CARDIO	Core & More	<b>CYCLE CIRCUIT</b>	NO CLASS		
5:30	Yoga	<b>SEE BELOW</b>	Yoga	TC-Dance Cardio	NO CLASS		
		1	2	3	4	5	
5:05		Carol	Carol	Connie	Connie	9:00	
8:00		Shayla	Emily	Shayla	Emily	Yoga 101	
9:00		Jan	Natalie	Natalie	Emily	Natalie	
10:00		Jan M.	KPS	KPS	KPS		
4:30		Teresa	Marissa	Carol	NO CLASS	10:00 Yoga	
5:30		Tummy&Tush-Teresa	Jan M.	Marissa	NO CLASS	Natalie	
	7	8	9	10	11	12	
5:05	Connie	Connie	Connie	Connie	Connie	9:00	
8:00	Natalie	Shayla	Emily	Shayla	Emily	Muscle Pump	
9:00	Natalie	Jan	Linda	Natalie	Emily	Connie	
10:00	KPS	Jan M.	KPS	KPS	KPS		
4:30	Marissa	Carol	Teresa	Linda	NO CLASS	10:00 Yoga	
5:30	Jan	Abs&Arms-Carol	Natalie	Marissa	NO CLASS	Connie	
	14	15	16	17	18	19	
5:05	<b>Jewelry Sale</b>		Jewelry Sale	Connie	Connie	9:00	
8:00				Shayla	Emily	Dance Cardio	
9:00				Natalie	Emily	Marissa	
10:00				KPS	KPS		
4:30				Carol	Linda	NO CLASS	10:00 Yoga
5:30				Jan M.	Marissa	NO CLASS	Jan
	21	22	23	24	25	26	
5:05	Connie	Connie	Connie	Connie	Connie	9:00	
8:00	Natalie	Shayla	Emily	Shayla	Emily	Cardio Plus+	
9:00	Natalie	Jan	Natalie	Natalie	Emily	Carol	
10:00	KPS	Jan M.	KPS	KPS	KPS		
4:30	Teresa	Carol	Marissa	Teresa	NO CLASS	10:00 Yoga	
5:30	Jan	Tummy&Tush-Carol	Jan	Marissa	NO CLASS	Jan M.	
	28	29	30	31			
5:05	Carol	Connie	Connie	Connie			
8:00	Natalie	Shayla	Linda	Natalie			
9:00	Natalie	Jan	Linda	Natalie			
10:00	KPS	Jan M.	KPS	KPS			
4:30	Carol	Carol	Teresa	Linda			
5:30	Jan	Abs&Arms-Marissa	Natalie	Marissa			

**CLASS ETIQUETTE:** The use of cell phones at Wellcare Center is discouraged due to distraction. Also, camera phones are NOT permitted due to privacy issues. Please turn phones off when entering classes. Equipment (bikes, mats, balls, weights, & bands) should be wiped down with antiseptic cloths after each use.