

**November 1-30**

	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	
*KPS-Additional Fee- See front desk for more information*						
					1	2
5:05					Connie	9:00 Yoga 101 Natalie 10:00 Yoga Natalie
8:00					Emily	
9:00					Emily	
10:00					KPS	
4:30					NO CLASS	
5:30					NO CLASS	
	4	5	6	7	8	9
5:05	Connie	Connie	Connie	Connie	Connie	9:00 Muscle Pump Connie 10:00 Yoga Connie
8:00	Natalie	Shayla	Emily	Shayla	Emily	
9:00	Natalie	Jan	Natalie	Natalie	Emily	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Teresa	Carol	Teresa	Linda	NO CLASS	
5:30	Jan	Tummy&Tush-Carol	Jan M	Marissa	NO CLASS	
	11	12	13	14	15	16
5:05	Connie	Connie	Connie	Connie	Connie	9:00 Abs&Core Shayla 10:00 Yoga Jan
8:00	Natalie	Shayla	Linda	Shayla	Emily	
9:00	Natalie	Jan	Linda	Natalie	Emily	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Carol	Teresa	Carol	Linda	NO CLASS	
5:30	Jan	Abs&Arms-Teresa	Jan M	Marissa	NO CLASS	
	18	19	20	21	22	23
5:05	Connie	Connie	Connie	Connie	Connie	9:00 Cardio Plus+ Teresa 10:00 Yoga Jan M
8:00	Natalie	Shayla	Emily	Shayla	Emily	
9:00	Natalie	Jan	Natalie	Natalie	Emily	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Carol	Teresa	Carol	Linda	NO CLASS	
5:30	Jan	Tummy&Tush-Marissa	Jan M	Marissa	NO CLASS	
	25	26	27	28	29	30
5:05	Connie	Connie	Connie	Happy Thanksgiving Wellcare Closed	No Classes Wellcare OPEN	10:00 YOGA Jan M.
8:00	Natalie	Carol	Emily			
9:00	Natalie	Jan	Natalie			
10:00	KPS	Jan M	KPS			
4:30	Teresa	Marissa	No Afternoon Classes			
5:30	Jan	Abs&Arms-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.