

November 1-30

	Mon	Tues	Wed	Thurs	Fri	Sat
5:05	Cardio Plus+	Muscle Pump	Super Cardio	Stretch & Tone	Cardio Plus+	See Below
8:00	Cardio Plus+	Cardio Plus +	Muscle Pump	NO CLASS	Cardio Plus+	
9:00	Aerobics 101	Yoga 101	Aerobics 101	NO CLASS	Aerobics 101	
4:30	Cardio Plus+	Cardio Plus +	NO CLASS	Teacher Choice	NO CLASS	
5:30	Yoga	NO CLASS	Yoga	NO CLASS	NO CLASS	
	2	3	4	5	6	7
5:05	Connie	Connie	Connie	Connie	Connie	NO CLASS
8:00	Natalie	Shayla	Linda	NO CLASS	Natalie	
9:00	Natalie	Jan	Linda	NO CLASS	Natalie	
4:30	Carol	Teresa	NO CLASS	Marissa	NO CLASS	
5:30	Jan	NO CLASS	Jan M	NO CLASS	NO CLASS	
	9	10	11	12	13	14
5:05	Connie	Connie	Connie	Connie	Connie	NO CLASS
8:00	Natalie	Shayla	Linda	NO CLASS	Natalie	
9:00	Natalie	Jan	Linda	NO CLASS	Natalie	
4:30	Teresa	Marissa	NO CLASS	Carol	NO CLASS	
5:30	Jan	NO CLASS	Jan M	NO CLASS	NO CLASS	
	16	17	18	19	20	21
5:05	Connie	Connie	Connie	Connie	Connie	NO CLASS
8:00	Natalie	Shayla	Natalie	NO CLASS	Linda	
9:00	Natalie	Jan	Natalie	NO CLASS	Linda	
4:30	Carol	Marissa	NO CLASS	Teresa	NO CLASS	
5:30	Jan	NO CLASS	Jan M	NO CLASS	NO CLASS	
	23	24	25	Happy Thanksgiving Wellcare Closed	NO CLASSES	28
5:05	Connie	Connie	Connie			NO CLASS
8:00	Natalie	Shayla	Natalie			
9:00	Natalie	Jan	Natalie			
4:30	Teresa	Carol	NO CLASS			
5:30	Jan	NO CLASS	NO CLASS			
	30	Schedule Change- the Thursday 4:30 CYCLE CIRCUIT has been changed to a TEACHERS CHOICE class.				
5:05	Connie					
8:00	Natalie					
9:00	Natalie					
4:30	Carol					
5:30	Jan					

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.