

January 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	Cycle Circuit	NO CLASS	
5:30	Yoga	Dance Cardio	Yoga	See Below	NO CLASS	
KPS-Additional Fee- See front desk for more information						
			1	2	3	4
5:05	HAPPY NEW YEAR WELLCARE CLOSED			Connie	Connie	9:00 YOGA Connie
8:00				Carol	Natalie	
9:00				Natalie	Natalie	
10:00				KPS	KPS	
4:30				Linda	NO CLASS	
5:30				Abs&Arms-Marissa	NO CLASS	
	6	7	8	9	10	11
5:05	Connie	Connie	Connie	Connie	Connie	9:00 DANCE CARDIO Natalie
8:00	Natalie	Shayla	Natalie	Shayla	Linda	
9:00	Natalie	Jan	Nancy	Natalie	Linda	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Teresa	Carol	Teresa	Linda	NO CLASS	
5:30	Jan	Marissa	Jan M	Tummy&Tush-Carol	NO CLASS	
	13	14	15	16	17	18
5:05	Connie	Connie	Connie	Connie	Connie	9:00 YOGA Jan
8:00	Natalie	Shayla	Linda	Shayla	Teresa	
9:00	Natalie	Jan	Linda	Natalie	Nancy	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Teresa	Carol	Carol	Linda	NO CLASS	
5:30	Jan	Marissa	Jan M	Abs&Arms-Marissa	NO CLASS	
	20	21	22	23	24	25
5:05	Connie	Connie	Connie	Connie	Connie	9:00 DANCE CARDIO Marissa
8:00	Natalie	Shayla	Natalie	Shayla	Linda	
9:00	Natalie	Jan	Nancy	Natalie	Linda	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Carol	Teresa	Marissa	Carol	NO CLASS	
5:30	Jan	Marissa	Jan M	Tummy&Tush-Carol	NO CLASS	
	27	28	29	30	31	1-Feb
5:05	Connie	Connie	Connie	Connie	Connie	9:00 YOGA JAN M
8:00	Natalie	Shayla	Natalie	Shayla	Nancy	
9:00	Natalie	Jan	Natalie	Natalie	Nancy	
10:00	KPS	Jan M	KPS	KPS	KPS	
4:30	Carol	Teresa	Teresa	Linda	NO CLASS	
5:30	Jan	Marissa	Jan M	Abs&Arms-Marissa	NO CLASS	

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.