

August 1-31

	Mon	Tues	Wed	Thurs	Fri	Sat
5:05	Cardio Plus+	Muscle Pump	Cardio Blast	Stretch & Tone	Cardio Plus+	See Below
6:00	Boot Camp*	NO CLASS	Boot Camp*	NO CLASS	Boot Camp*	
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	Boot Camp*	Yoga 201	Boot Camp*	Boot Camp*	Boot Camp*	
4:30	Cardio Plus+	TC-CARDIO	Core & More	CYCLE CIRCUIT	NO CLASS	
5:30	Yoga	SEE BELOW	Yoga	TC-Dance Cardio	NO CLASS	
				1	2	3
5:05	Attention: New Class Added - Beginning Tuesday, August 6 @ 10 am we have added YOGA 201 to our schedule. This class is designed for those who want a little more challenge than the 101 class but maybe not ready for a full mat Yoga class.			Connie	Connie	9:00
8:00				Shayla	Linda	Yoga 101
9:00				Natalie	Linda	Natalie
4:30				Linda	NO CLASS	10:00 Yoga
5:30				Natalie	NO CLASS	Natalie
	5	6	7	8	9	10
5:05	Connie	Connie	Connie	Connie	Connie	9:00
8:00	Natalie	Shayla	Emily	Shayla	Emily	Yoga Core
9:00	Natalie	Jan	Natalie	Natalie	Emily	Bridget
10:00	Boot Camp*	Jan M.	Boot Camp*	Boot Camp*	Boot Camp*	
4:30	Teresa	Carol	Teresa	Linda	NO CLASS	10:00 Yoga
5:30	Jan	Abs&Arms-Carol	Bridget	Marissa	NO CLASS	Bridget
	12	13	14	15	16	17
5:05	Connie	Connie	Connie	Connie	Connie	9:00
8:00	Natalie	Shayla	Emily	Shayla	Emily	Dance Cardio
9:00	Natalie	Natalie	Natalie	Natalie	Emily	Marissa
10:00	Boot Camp*	Jan M.	Boot Camp*	Boot Camp*	Boot Camp*	
4:30	Carol	Teresa	Marissa	Linda	NO CLASS	10:00 Yoga
5:30	Jan	Tummy&Tush-Teresa	Bridget	Carol	NO CLASS	Jan M.
	19	20	21	22	23	24
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	Shayla
10:00	Boot Camp*	Jan M.	Boot Camp*	Boot Camp*	Boot Camp*	
4:30	Teresa	Carol	Teresa	Marissa	NO CLASS	10:00 Yoga
5:30	Jan	Abs&Arms-Carol	Bridget	Marissa	NO CLASS	Connie
	26	27	28	29	30	31
5:05	Connie	Connie	Connie	Connie	Connie	10:00 Yoga Jan M.
8:00	Natalie	Shayla	Emily	Shayla	Emily	
9:00	Natalie	Jan	Natalie	Natalie	Emily	
10:00	Boot Camp*	Jan M.	Boot Camp*	Boot Camp*	Boot Camp*	
4:30	Teresa	Natalie	Carol	Carol	NO CLASS	
5:30	Jan	Tummy&Tush-Marissa	Bridget	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.