

June 1 -30

	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*	NO CLASS	Boot Camp*	NO CLASS	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
5:05						9:00
8:00						TC-Cardio
9:00						Connie
4:30						10:00 Yoga
5:30						Connie
	3	4	5	6	7	
5:05	Connie	Connie	Connie	Carol	Carol	9:00
8:00	Natalie	Shayla	Linda	Shayla	Emily	Yoga 101
9:00	Natalie	Jan	Linda	Natalie	Emily	Jan
4:30	Carol	Carol	Carol	Linda	NO CLASS	10:00 Yoga
5:30	Jan	Abs&Arms-Carol	Bridget	Carol	NO CLASS	Jan
	10	11	12	13	14	15
5:05	Connie	Connie	Connie	Connie	Connie	9:00
8:00	Natalie	Natalie	Emily	Shayla	Emily	Cardio Plus+
9:00	Natalie	Natalie	Natalie	Jan	Emily	Natalie
4:30	Teresa	Teresa	Shayla	Linda	NO CLASS	10:00 Yoga 201
5:30	Jan	Tummy&Tush-Teresa	Bridget	Natalie	NO CLASS	Natalie
	17	18	19	20	21	22
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
4:30	Carol	Carol	Shayla	Linda	NO CLASS	10:00 Yoga
5:30	Jan	Abs&Arms-Carol	Bridget	Natalie	NO CLASS	Bridget
	24	25	26	27	28	29
5:05	Connie	Connie	Connie	Connie	Connie	9:00
8:00	Natalie	Shayla	Emily	Shayla	Carol	Cardio Plus+
9:00	Natalie	Jan	Natalie	Natalie	Carol	Teresa
4:30	Teresa	Natalie	Teresa	Linda	NO CLASS	10:00 Yoga
5:30	Jan	Abs&Arms-Natalie	Bridget	Natalie	NO CLASS	Connie

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.