

July 1-31

	Mon	Tues	Wed	Thurs	Fri	Sat
5:05	Cardio Core	NO CLASS	Full Body Strength	NO CLASS	Stretch & Tone	See Below
8:00	Full Body Strength	Step Aerobics	Barre	HIIT	Spin & Strength	
9:00	SilverSneakers	Chair Yoga	SilverSneakers	Bend,Breathe,Balance	Senior Strength	
10:00	NO CLASS	PWR4LIFEI- Beg	NO CLASS	PWR4LIFE- Beg	NO CLASS	
11:00	PWR4 LIFE-Adv	NO CLASS	PWR4LIFE-Adv	NO CLASS	PWR4LIFE-Adv	
4:30	Full Body Strength	Cardio Core	Full Body Strength	Barre	NO CLASS	
5:30	Yoga	Barre	NO CLASS	NO CLASS	NO CLASS	
6:30	NO CLASS	REFIT	NO CLASS	REFIT	NO CLASS	
				1	2	3
5:05				NO CLASS	Connie	NO CLASS WELLCARE OPEN
8:00				Ashley	Linda	
9:00				Bri	Linda	
10:00				Bri	NO CLASS	
11:00				NO CLASS	Bri	
4:30				Colandra	NO CLASS	
5:30				NO CLASS	NO CLASS	
6:30				Candy	NO CLASS	
	5	6	7	8	9	10
5:05		NO CLASS	Connie	NO CLASS	Connie	8:30 Spin & Strength Circuit Bri 9:30 Yoga Brittany
8:00		Shayla	Bri	Ashley	Linda	
9:00	NO CLASS	Jan	Linda	Jan	Linda	
10:00		Nancy/Linda	NO CLASS	Bri	NO CLASS	
11:00	WELLCARE	NO CLASS	Bri	NO CLASS	Bri	
4:30	OPEN	Carol	Teresa	Colandra	NO CLASS	
5:30		Bri	NO CLASS	NO CLASS	NO CLASS	
6:30		Candy	NO CLASS	Candy	NO CLASS	
	12	13	14	15	16	17
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 Yoga Brittany
8:00	Angela	Shayla	Bri	Ashley	Linda	
9:00	Nancy	Jan	Linda	Bri	Linda	
10:00	NO CLASS	Nancy/Linda	NO CLASS	Bri	NO CLASS	
11:00	Nancy	NO CLASS	Bri	NO CLASS	Bri	
4:30	Teresa	Carol	Colandra	Colandra	NO CLASS	
5:30	Jan	Bri	NO CLASS	NO CLASS	NO CLASS	
6:30	NO CLASS	Candy	NO CLASS	Candy	NO CLASS	
	19	20	21	22	23	24
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 REFIT Bri 9:30 Yoga Brittany
8:00	Angela	Shayla	Bri	Shayla	Linda	
9:00	Nancy	Jan	Linda	Jan	Linda	
10:00	NO CLASS	Nancy/Linda	NO CLASS	Bri	NO CLASS	
11:00	Nancy	NO CLASS	Bri	NO CLASS	Bri	
4:30	Angela	Carol	Teresa	Colandra	NO CLASS	
5:30	Jan	Bri	NO CLASS	NO CLASS	NO CLASS	
6:30	NO CLASS	Candy	NO CLASS	Candy	NO CLASS	
	26	27	28	29	30	31
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 Yoga Brittany
8:00	Angela	Shayla	Bri	Ashley	Linda	
9:00	Nancy	Jan	Linda	Bri	Linda	
10:00	NO CLASS	Nancy/Linda	NO CLASS	Bri	NO CLASS	
11:00	Nancy	NO CLASS	Bri	NO CLASS	Bri	
4:30	Teresa	Carol	Colandra	Colandra	NO CLASS	
5:30	Jan	Bri	NO CLASS	NO CLASS	NO CLASS	
6:30	NO CLASS	Candy	NO CLASS	Candy	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.