

October 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	Cardio Core	PUMPED!	Barre	HIIT Strong	Spin & Strength	
9:00	SilverSneakers	Chair Yoga	SilverSneakers	Bend,Breathe,Balance	Senior Strength	
9:45	SilverSneakers	NO CLASS	Silver Aerobics	NO CLASS	NO CLASS	
10:00	NO CLASS	PWR4LIFE!- Beg	NO CLASS	PWR4LIFE- Beg	Senior Strength	
10:30	PWR4 LIFE-Adv	NO CLASS	PWR4LIFE-Adv	NO CLASS	NO CLASS	
11:00	NO CLASS	NO CLASS	NO CLASS	NO CLASS	PWR4LIFE-Adv	
4:30	See Below	See Below	NO CLASS	See Below	NO CLASS	
5:30	Yoga	Barre	NO CLASS	Yoga	NO CLASS	
					1	
5:05		Don't miss our Special Event on October 30th! Costumes, door prizes and FUN!			Connie	8:30 Spin & Strength Carol
8:00					Linda	
9:00					Linda	
9:45						
10:00					Bri	
10:30						
11:00					Bri	
4:30					NO CLASS	
5:30	NO CLASS					
	4	5	6	7	8	
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 Cardio Barre Bri
8:00	Carol	Angela	Bri	Ashley	Angela	
9:00	Nancy	Jan	Linda	Jan	Linda	
9:45	Nancy		Nancy			
10:00		Nancy/Linda		Bri	Bri	
10:30	Bri		Nancy			
11:00		NO CLASS			Bri	
4:30	Teresa-PUMPED!	Carol-Cardio Core	NO CLASS	Bri-Barre	NO CLASS	
5:30	Jan	Bri	NO CLASS	Brittany	NO CLASS	
	11	12	13	14	15	
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 Bootcamp Teresa
8:00	Carol	Angela	Bri	Ashley	Linda	
9:00	Angela	Jan	Angela	Bri	Linda	
9:45	Nancy		Nancy			
10:00		Nancy/Linda		Bri	Bri	
10:30	Nancy		Nancy			
11:00		NO CLASS			Bri	
4:30	Teresa-HIIT Strong	Carol-Cardio Core	NO CLASS	Colandra-Barre	NO CLASS	
5:30	Jan	Bri	NO CLASS	Brittany	NO CLASS	
	18	19	20	21	22	
5:05	Connie	NO CLASS	Connie	NO CLASS	Connie	8:30 Cardio Core Connie
8:00	Carol	Angela	Bri	Ashley	Angela	
9:00	Nancy	Jan	Linda	Jan	Linda	
9:45	Nancy		Nancy			
10:00		Nancy/Linda		Bri	Bri	
10:30	Bri		Nancy			
11:00					Bri	
4:30	Teresa-PUMPED!	Carol-Cardio Core		Colandra-PUMPED!		
5:30	Jan	Bri		Brittany		
	25	26	27	28	29	
5:05	Connie	NO CLASS	NO CLASS	NO CLASS	NO CLASS	SPECIAL EVENT: BOO BARRE! 9:00-10:00 TEAM TEACH
8:00	Carol	Angela	Bri	Ashley	Bri	
9:00	Nancy	Jan	Angela	Bri	Linda	
9:45	Nancy		Nancy		Bri	
10:00		Nancy/Linda		Bri		
10:30	Bri		Nancy		Bri	
11:00						
4:30	Colandra-PUMPED!	Carol-Cardio Core		Colandra-Barre		
5:30	Jan	Bri		Brittany		

Class Etiquette: The use of cell phones at Wellcare Center is discouraged due to the distraction. Also, camera phones are NOT permitted due to privacy issues. Please turn off phones when entering classes. Equipment (bikes, balls, mats, weights and bands) should be wiped down with antiseptic cloths after each use.