



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: June 10-Sept. 1, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn Angela
9:15 am		9:15-10:15 Cycle/ Core Strength Gail	9:15-10:15 Piloxing Gail	9:15-10:15 Step Aerobics April		9:15-10:15 Active Older Adult/Beginner Cardio+Strength Jane
10:30 am		10:30 - 11:30 Senior Fitness Brittany	10:30 - 11:30 Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		
4:30 pm					4:30 - 6:30 Adult Pick - Up Basketball	
6:00 pm	6:00-7:00 Cycle & Core 45 min. cycle 15 min. core Angela	6:00 - 7:00 Zumba Gail		6:00-7:00 Yoga Darcy		