



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: April 29-June 9, 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 Basic Step Aerobics April		9:15-10:15 Zumba Dawn
10:30 am		10:30 - 11:30 Senior Fitness Claire/Jane	10:30 - 11:30 Zumba Gail	10:30 - 11:30 Senior Fitness Claire/Jane		
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 6:30 Cycle Express Darcy	6:00 - 7:00 Zumba Gail	6:00-6:30 Hump Day All Glute Express Angela	6:00-7:00 Yoga Darcy		
6:30 pm	6:30-7:00 Pilates Darcy		6:30-7:15 HITT Cycling Express Angela			