



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: August 6th –Sept. 30, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am		9:15 - 10:15 Cycle, Core & More Gail	9:30 - 10:30 Yoga Tasha	9:15-10:15 Basic Step Aerobics April		9:15- 10:15 Zumba Maria
10:00						
10:30 am	10:30 - 11:30 Intro Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		10:30 - 11:30 Senior Fitness Brittany		
11:00 am						
11:30 am						
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 7:00 Piloxing Gail	6:00 - 7:00 Zumba Gail		6:00-7:00 Zumba Maria		
6:30						
7:00	7:00-8:00 Yoga Tasha					
7:30 pm						