



Cold Springs Family Center

Group Exercise Schedule

Effective: January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am Fit Camp Angela	8:30am-11am Pickelball B-ball Ct
9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****		9:30-10:30 Beginner Mat & Floor Workout Jane	
9:30am-10:30am ZUMBA Gail	9:30am-10:30am Cycle + Abs Gail	9:30am-10:30am Piloxing Gail	9:30am-10:30am Step Aerobics April			
10:30am-12pm Pickelball B-ball Ct		10:30am-12pm Pickelball B-ball Ct				
6pm-7pm Yoga Darcy 1/8: Yin 1/15: Vin/Yin 1/22: Yin 1/29: Vin/Yin	6pm-7pm Piloxing Gail	6pm – 7pm Full Body Work-Out (strength & Cardio) Shawna NO CLASS 1/3	6pm-7pm EXPRESS: Cyle: 6pm Pilates: 6:30pm Darcy			

Unless noted, classes are held in the Group Exercise Studio.