



Cold Springs Family Center
Group Exercise Schedule
Effective: July 1st – July 31st, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am Muscle Burn Angela	9am-10:30am Beginner 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 *****		9:30am-10:30am Beginner Floor & Mat Work-Out Bring your Mat! Jane B-ball Ct	
9:30am-10:30am ZUMBA Gail		9:30am-10:30am Gunz & Bunz Angela	9:30am-10:30am Step Aerobics April			
10:30am-12pm Beginner Pickelball B-ball Ct		10:30am-12pm Beginner Pickelball B-ball Ct				
6pm-7pm Pilates/Yoga (alternating) Bring your mat!	6pm-7pm ZUMBA Gail					

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