



**Cold Springs Family Center**  
**Group Exercise Schedule**  
**Effective: May 1<sup>st</sup> – May 30<sup>th</sup>, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am <b>Muscle Burn</b> Angela	9am-10:30am <b>Beginner Pickelball</b> B-ball Ct
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****		9:30am-10:30am <b>Beginner Floor &amp; Mat Work-Out</b> <b>Bring your Mat!</b> Jane B-ball Ct	
9:30am-10:30am <b>ZUMBA</b> Gail		9:30am-10:30am <b>Gunz &amp; Bunz</b> Angela	9:30am-10:30am <b>Step Aerobics</b> April			
10:30am-12pm <b>Beginner Pickelball</b> B-ball Ct		10:30am-12pm <b>Beginner Pickelball</b> B-ball Ct			10:45am-12:45pm <b>Pick Up Basketball</b> B-Ball Ct	
6pm-7pm <b>Pilates/Yoga (alternating)</b> 5/2 & 5/16 = Pilates 5/9 & 5/23 =Vin/Yin Yoga Darcy <b>Bring your mat!</b>	6pm-7pm <b>ZUMBA</b> Gail	6pm-7:30pm <b>Pick Up Basketball</b> B-ball court				

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