



**Cold Springs Family Center  
Group Exercise Schedule**

**Effective: May 6<sup>th</sup> – June 2<sup>nd</sup>, 2024**

**THE FAMILY CENTER IS CLOSED MONDAY, 5/27/2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NO CLASSES</b> Mon. 5/27 Family Center is CLOSED 5/27					9am-10am <b>Fit Camp</b> Angela	8:30am- 11am <b>Pickleball</b> B-ball Ct
9:30am-10:30am <b>Senior Fitness</b> Jane/Merry B-ball Ct  ***** 9:30am-10:30am <b>ZUMBA</b>	9:30am-10:30am <b>Senior Fitness</b> Jane/Brittany B-ball Ct  ***** 9:30am-10:30am <b>Cycle + Abs</b> Gail	9:30am-10:30am <b>Senior Fitness</b> Jane/Merry B-ball Ct  ***** 9:30am-10:30am <b>Piloxing</b> Gail	9:30am-10:30am <b>Senior Fitness</b> Jane/Brittany B-ball Ct  ***** 9:30am-10:30am <b>Step Aerobics</b> April NO CLASS: 5/30			
10:30am-12pm <b>Pickleball</b> B-ball Ct ----- 12pm-2pm <b>Pickleball</b> B-ball ct.	10:45-11:45 <b>Line Dancing</b> Merry (vol.)	10:30am-12pm <b>Pickleball</b> B-ball Ct ----- 12pm-2pm <b>Pickleball</b> B-ball ct.	10:30am-12pm <b>Pickleball</b> B-ball Ct ----- 12pm-2pm <b>Pickleball</b> B-ball ct.	10:45-11:45 <b>Line Dancing</b> Merry (vol.)		
6pm-7pm <b>Yoga</b> Darcy 5/6: Vinyasa 5/13: Yin 5/20: Vinyasa 5/27: CLOSED	6pm-7pm <b>Piloxing</b> Gail	6pm – 7pm <b>Full Body Work-Out (Strength &amp; Cardio)</b> Shawna	6pm-7pm <b>Botty Burn + Bike</b> Angela			

**Pickleball:**

- Pick-up Pickleball; All levels of play welcome. However, if you have never played, we will connect you with a player to get you comfortable with the rules and protocols of the game.
- You are welcome to attend both sessions. Those who played in the first session will play last in 2<sup>nd</sup> session.
- When there is NO SCHOOL for youth:
  - The Family Center follows the Washoe County School District schedule. Please call the center or check the school schedule at [www.washoeschools.net](http://www.washoeschools.net) for the schedule and/or inclement weather.
  - Scheduled No School Days: Only the first session (10:30-12) will be held; the 2<sup>nd</sup> session is cancelled. For April, spring break is 4/1-4/5/24 so there will only be a 1<sup>st</sup> session during that time.
  - Delayed Start: It is usually a 2-hour delay, only 1 session will be held: 12:30-2:00
  - Snow Day/School Cancelled: In the event that school is cancelled due to weather or unexpected event, Pickleball is cancelled for the day.