



**Cold Springs Family Center
Group Exercise Schedule
Effective: September 1 – September 31st, 2021**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---------------|--|
| 9:30am-10:30am Senior Fitness Jane Basketball Court | 9:30am-10:30am Senior Fitness Jane Basketball Court | 9:30am-10:30am Senior Fitness Jane Basketball Court | 9am-10am Gunz & Bunz Angela | | |
| | | | 9:30am-10:30am Senior Fitness Jane Basketball Court | | 9am-10am Muscle Burn Angela |
| | 10:30am-11:30am Senior Fitness Angela INSIDE | | 10:30am-11:30am Senior Fitness Angela INSIDE | | |
| 6pm-7pm Pilates Darcy | 6:00*pm-7:30pm "Sunset" ZUMBA Gail/Dawn | 6pm-7pm Cycle & Arms & Core Angela | 4pm-5pm Yoga Darcy | | |
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***Sunset Zumba:** Will start at 6pm on Tuesday 9/14. Class will be at 6:30 on Tuesday 9/7/21.

Based on the Governor's Directive, effective 7/30/2021 face masks must be worn inside including while working out. Masks are not required for the outdoor classes.