



Cold Springs Family Center
Group Exercise Schedule
Effective: Sept. 27th. – Oct. 31st, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30am-9:30am Muscle Burn Angela
	9am-10am Gunz & Bunz Angela	9:15am-10:15am Step Aerobics April	9am-10am Strength Express (30 mins) & Cycle Express (30 mins) Angela		
9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane OUTSIDE		
	10:30am-11:30am Senior Fitness Angela INSIDE		10:30am-11:30am Senior Fitness Angela INSIDE		
			4pm-5pm Yoga Darcy Bring your own mat!		
	6pm-7pm Pilates Darcy Bring your own mat!	6pm-7pm Cycle Angela			
	6:30pm-7:30pm Zumba Gail Inside: B-ball court		6:30pm-7:30pm Zumba Dawn Inside: B-ball court		