



Cold Springs Family Center  
Group Exercise Schedule  
Effective: Jan 6, 2020 - Feb. 29, 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:30-9:30 Muscle Burn <b>Angela</b>
9:15 am	9:15- 10:15 Zumba <b>Dawn</b>	9:15-10:15 Cycle/ Core Strength <b>Gail</b>	9:15-10:15 Piloxing <b>Gail</b>	9:15-10:15 Step Aerobics <b>April</b>		9:30-10:30 Active Older Adult/ Beginner Cardio+Strength <b>Jane</b>
10:30 am		10:30 - 11:30 Senior Fitness <b>Jane</b>		10:30 - 11:30 Senior Fitness <b>Jane</b>		
4:30 pm	4:30-5:30 Piloxing Gail <b>Starts Jan.20</b>				4:30 - 6:30 Adult Pick - Up Basketball	
6:00 pm	6:00-7:00 Cycle <b>Angela</b>	6:00 - 7:00 Zumba <b>Gail</b>	6:00-7:00 Boot Camp <b>Jane</b>	6:00-7:00 Yoga <b>Darcy</b>		