



# Cold Springs Family Center

## Group Exercise Schedule

Effective: Nov. 4th, 2019 - Jan. 5, 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn <b>Angela</b>
9:15 am	9:15- 10:15 Zumba <b>Dawn</b>	9:15-10:15 Cycle/ Strength & Abs <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 - 6:30 Adult Pick - Up Basketball	
6:00 pm	6:00-7:00 Cycle & Core <b>Angela</b> Cycle 6:00-6:45 Core 6:45-7:00	6:00 - 7:00 Zumba <b>Gail</b>	6:00-7:00 Gentle Aerobics (for all ages) <b>Jane</b>	6:00-7:00 Yoga <b>Darcy</b>		