



Cold Springs Family Center
 Group Exercise Schedule
 Effective: Sept. 3 –Nov.3rd, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn Angela
9:15 am	9:15- 10:15 Zumba Dawn	9:15-10:15 Cycle/ Core Strength Gail	9:15-10:15 Piloxing Gail	9:15-10:15 Step Aerobics April		9:30-10:30 Active Older Adult/ Beginner Cardio+Strength Jane
10:30 am		10:30 - 11:30 Senior Fitness Brittany		10:30 - 11:30 Senior Fitness Brittany		
4:30 pm					4:30 - 6:30 Adult Pick - Up Basketball	
6:00 pm	6:00-7:00 Cycle & Core Angela Cycle 6:00-6:45 Core 6:45-7:00	6:00 - 7:00 Zumba Gail	6:00-7:00 Cycle + Pilates Darcy Cycle 6-6:30 Pilates 6:30-7	6:00-7:00 Yoga Darcy		