



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: April 17-May 14th, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am		9:15 - 10:15 Cycle, Core & More Gail	9:15 - 10:15 Cardio & Muscle Building Tracey	9:15-10:15 Basic Step Aerobics April		9:15- 10:15 Zumba Dawn
10:00					10:00-11:00 Cycle, Arms + Core Angela	
10:30 am	10:30 - 11:30	10:30 - 11:30		10:30 - 11:30		
11:00 am	Senior/Intro Zumba Gail	Senior Fitness Tracey		Senior Fitness Brittany		
11:30 am						
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 7:00 Piloxing Gail	6:00 - 7:00 Zumba Gail	6:00-6:30 Strength & Tone Express Darcy	6:00-7:00 STEP—April 4/20 & 5/4 OR HIIT PILATES Darcy 4/27 & 5/11	6:00-7:00 Yoga Tasha	
6:30			6:30-7:30 Yoga Tasha			
7:00						
7:30 pm						



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I=INTENSITY RATING:

Instructors have rated the average intensity of their class(es). However, they will provide options to both increase & decrease the intensity. We encourage you to work at a level that fits you! 1 is low, 5 is HIGH.

Classes may be cancelled/changed due to low participation * Classes are approx. 50-60 mins/Express are 30 mins.

Class Descriptions

Cycle - Cycle is a variety of fast paced low impact rides using fun music and positive reinforcement. (I=4).

Cycle /Core Strength – The combination of cycle, strength training and stretching provides you with a totally body work-out in one shot! (I=4)

***HIIT** – High Intensity Interval Training; with a variety of short term, high intensity bursts – you will have both a cardio & strength training work-out for you. (I=4)

Pilates - Core strengthening and stretching exercises provide an intense workout using mat, body weight, light hand weights and Pilates balls. (I=3)

PILOXING –A non-stop, cardio fusion of standing Pilates, Boxing and dance that will push you past your limits. (I=4)

Senior Fitness - Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights is alternated with low impact aerobic and leg strengthening exercises. A chair is offered for support, if needed. A great class for beginners or those recovering from injury. (I=2)

Senior/Intro to Zumba- Zumba at a slower pace is perfect for seniors and/or beginners who want to try out those Zumba moves. (I=2)

***Step Aerobics** – Get your cardio going in this classic aerobic class. You can attend without using a step or for more intensity, build the step a bit higher. (I=3)

Strength & Tone Express – Thirty minutes will be enough to develop your strength and tone that body! (I=4)

Yoga – This yoga class is a combination of Vinyasa with Yin. Vinyasa is breath with movement, inhaling into one pose and exhaling to the next. Yin is a slow paced style of yoga where you hold poses for extended time. (I=4)

Zumba - Interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba. (I=4)

CENTER GUIDELINES: Youth must be 12 to work out on fitness equipment and 15 to enter on their own (or be accompanied by someone 15 years+). Please ask about our Youth Club for more options for those ages 12-14.

***Step & HITT will alternate each Thursday evening for this schedule. The dates listed on the front are the dates that the specific class is held.**

Cold Springs Family Center
18400 Village Parkway, Reno NV 89508
775-657-6388

www.Coldspringsfamilycenter.com

Like us on Facebook!

Center Hours: M-Fri 5am-9pm/Sat & Sun 8-4

Child Watch Hours: M-F 9am-12:30pm & 4pm-8pm/Sat 9am-12:30pm



Please Note: A minimum of 4 people must be in attendance for us to conduct and/or continue a class. Classes are approximately 50-55 mins. with express being 30 mins.