



C.S.F.C

COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: January 2nd—February 24, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn Angela
9:15 am	9:15-10:00 POUND Julie	9:15-10:15 Cycle/stretch Gail	9:15-10:15 Piloxing Gail	9:15-10:15 Basic Step Aerobics April		9:15-10:15 Zumba Maria
10:30 am		10:30 - 11:30 Senior Fitness Brittany	10:30 - 11:30 Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
5:30 pm	5:15-5:45 Kids' POUND Julie			5:30-6:15 POUND Julie		
6:00 pm	6:00 - 6:45 POUND Julie	6:00 - 7:00 Zumba Gail	6:00-6:30 Strength Express Angela	6:30-7:30 Yoga Darcy		
6:30 pm			6:30-7:15 Cycle Angela			