



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center

Group Exercise Schedule

Effective: Jan. 8th –March 4th, 2018

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|---|--|--------------------------------------|
| 5:30am | | 5:30 Yoga Tasha | | | | |
| 9:15 am | | | | 9:15-10:15 Basic Step Aerobics April | | 9:15- 10:15 Zumba Maria |
| 9:30 | | | 9:30-10:30 Yoga Tasha | | | |
| 10:00 | | | | | 10:00—11:00 Chair Yoga Tasha | |
| 10:30 am | 10:30 - 11:30 Intro to Zumba Gail | 10:30 - 11:30 Senior Fitness Brittany | | 10:30 - 11:30 Senior Fitness Brittany | | 10:30-11:30 Muscle Burn Angela |
| 11:00 am | | | | | | |
| 11:30 am | | | | | | |
| 4:30 pm | | | | | 4:30 - 6:30 Pick - Up Basketball | |
| 5:30pm | | | 5:30-6:00 Guns & Buns Express Angela | | | |
| 6:00pm | 6:00 - 7:00 Piloxing Gail | 6:00 - 7:00 Zumba Gail | 6:00-7:00 Cycle Angela | 6:00-7:00 Yoga Tasha | | |