



**Cold Springs Family Center
Group Exercise Schedule
Effective: April 1st – May 5th, 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am Fit Camp Angela	8:30am-11am Pickleball B-ball Ct
9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct *****		9:30-10:30 Beginner Mat & Floor Workout Jane	
9:30am-10:30am ZUMBA Gail NO CLASS 4/8	9:30am-10:30am Cycle + Abs Gail	9:30am-10:30am Piloxing Gail NO CLASS 4/3	9:30am-10:30am Step Aerobics April NO CLASS: 4/11 + 4/18			
10:30am-12pm Pickleball B-ball Ct ----- 12pm-2pm Pickleball B-ball ct.	10:45-11:45 Line Dancing Merry (vol.)	10:30am-12pm Pickleball B-ball Ct ----- 12pm-2pm Pickleball B-ball ct.	10:30am-12pm Pickleball B-ball Ct ----- 12pm-2pm Pickleball B-ball ct.	10:45-11:45 Line Dancing Merry (vol.)		
6pm-7pm Yoga Darcy 4/1: Yin 4/8: Vinyasa 4/15: Yin 4/22: Vinyasa 4/29: Yin	6pm-7pm Piloxing Gail	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna	6pm-7pm Cycle + Core Angela			

Pickleball:

- Pick-up Pickleball; All levels of play welcome. However, if you have never played, we will connect you with a player to get you comfortable with the rules and protocols of the game.
- You are welcome to attend both sessions. Those who played in the first session will play last in 2nd session.
- When there is NO SCHOOL for youth:
 - The Family Center follows the Washoe County School District schedule. Please call the center or check the school schedule at www.washoeschools.net for the schedule and/or inclement weather.
 - Scheduled No School Days: Only the first session (10:30-12) will be held; the 2nd session is cancelled. For April, spring break is 4/1-4/5/24 so there will only be a 1st session during that time.
 - Delayed Start: It is usually a 2-hour delay, only 1 session will be held: 12:30-2:00
 - Snow Day/School Cancelled: In the event that school is cancelled due to weather or unexpected event, Pickleball is cancelled for the day.