



Cold Springs Family Center
Group Exercise Schedule
Effective: January 4th – January 31st, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am Muscle Burn Angela	9am-10:30am Beginner Pickelball 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			
9:30am-10:30am ZUMBA Gail	9:30am-10:30am Gunz & Bunz Angela					
10:30am-12pm Beginner Pickelball B-ball Ct		10:30am-12pm Beginner Pickelball B-ball Ct				
			4pm-5pm Yoga Darcy			
6pm-7pm Pilates Darcy	6pm-7pm ZUMBA Gail		6pm-7pm Cycle & Core Angela			

Based on the Governor's Directive, effective 7/30/2021 face masks must be worn inside including while working out. Masks are not required for the outdoor classes.