



**Cold Springs Family Center
Group Exercise Schedule
Effective: July 1 - July 31st, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9am-10am Muscle Burn Angela
			9am-10am Gunz & Bunz Angela		
	10:30am-11:30am		10:30am-11:30am		
8am-9am Senior Fitness Jane OUTSIDE	Senior Fitness Angela INSIDE	8am-9am Senior Fitness Jane OUTSIDE	Senior Fitness Angela INSIDE		
6pm-7pm Pilates Darcy	6:30pm-7:30pm "Sunset" ZUMBA Gail/Dawn	6pm-7pm Cycle Angela	4pm-5pm Yoga Darcy		

Based on the Governor's Directive and County regulations as of 5/14/2021, Face Masks/Coverings may be removed if you have been fully vaccinated. People are considered fully vaccinated 2 weeks after their second dose and/or single shot for Johnson & Johnson.