



**Cold Springs Family Center**  
**Group Exercise Schedule**  
**Effective: July 1<sup>st</sup> – 31<sup>st</sup>, 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am <b>Fit Camp</b> Angela	9am-11am <b>Pickelball</b> B-ball Ct
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct ***** 9:30am-10:30am <b>ZUMBA</b> Gail	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct *****	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct ***** 9:30am-10:30am <b>Piloxing</b> Gail	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct ***** 9:30am-10:30am <b>Step Aerobics</b> April		9:30-10:30 <b>Mat &amp; Stretch</b> Jane	
10:30am-12pm <b>Pickelball</b> B-ball Ct		10:30am-12pm <b>Pickelball</b> B-ball Ct				
6pm-6:30pm <b>Easy Ride Express</b> <b>NO CLASS 7/3</b> ----- 6:30pm-7pm <b>Deep Core &amp; Strength</b> Angela <b>NO CLASS 7/3</b>		5:30pm - 6:15pm <b>Arm &amp; Core Strength</b> ***** 6:15pm-7pm <b>Cycle</b> Angela	6pm-7pm <b>Lower Body Strength</b> Angela			

Unless noted, classes are held in the Group Exercise Studio.

The Family Center is CLOSED Tuesday July 4<sup>th</sup>.