

**Cold Springs Family Center
Group Exercise Schedule
Effective: March 1st – March 31st, 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am-10am Fit Camp Angela No class 3/25	9am-11am ADVANCED Pickelball B-ball Ct
9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am ZUMBA 3/6 + 3/27 Gail Cardio & Core 3/13 + 3/20 Kayleen	9:30am-10:30am Senior Fitness Jane B-ball Ct ***** ** 9:30 -10:30 Cycle Gail No Class 3/14 + 3/21	9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am Piloxing Gail NO CLASS 1st Weds. of each (3/1)	9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am Step Aerobics April		9:30am-10:30am Beginner Floor & Mat Work-Out Jane B-ball Ct	
10:30am-12pm ADVANCED Pickelball B-ball Ct	10:30am-12pm Beginner Pickelball B-ball Ct	10:30am-12pm ADVANCED Pickelball B-ball Ct	10:30am-12pm Beginner Pickelball B-ball Ct		10am-11am Kickboxing Kayleen No Class 3/11	
6pm-7pm Pilates/Yoga (alternating) Darcy Pilates – 3/6 Yoga – 3/13 Pilates -3/20 Yoga -3/27	6pm-7pm Piloxing 3/7 + 3/28 Gail Kickboxing 3/14 + 3/21 Kayleen	5:30pm - 6:15pm Express Strength 6:15pm-7pm Express Cycle Angela (come to 1 or both)	6pm-7pm Kickboxing Kayleen			

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