



**Cold Springs Family Center  
Group Exercise Schedule  
Effective: November 1 – November 30<sup>th</sup>, 2021**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY | SATURDAY                                 |
|---|---|---|---|--------|--|
|   | 9am-10am<br><b>Gunz &amp; Bunz</b><br>Angela                        |   |   |        |  |
| 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>Basketball Court | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>Basketball Court | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>Basketball Court | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>Basketball Court |        | 9am-10am<br><b>Muscle Burn</b><br>Angela |
|   | 10:30am-11:30am<br><b>Senior Fitness</b><br>Angela<br>INSIDE        |   |   |        |  |
| 6pm-7pm<br><b>Pilates</b><br>Darcy                                  | 6:00pm-7:00pm<br><b>ZUMBA</b><br>Gail/Dawn                          | 6pm-7pm<br><b>Cycle &amp; Arms &amp; Core</b><br>Angela             | 4pm-5pm<br><b>Yoga</b><br>Darcy                                     |        |  |
|   |   |   |   |        |  |

**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.**