

## Cold Springs Family Center Group Exercise Schedule

Effective: Aug. 31st - Sept. 27<sup>th</sup>

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:30am-9:30am
				Muscle Burn
				Angela
9am-10am		9am-10am		
Gunz & Bunz		Strength		
Angela		Express (30 mins)		
		&		
		Cycle Express		
		(30 mins)		
	9am-10am			
Senior Fitness	Senior Fitness	Senior Fitness		
Jane	Jane	Jane		
OUTSIDE	OUTSIDE	OUTSIDE		
10:30am-		10:30am-		
11:30am		11:30am		
Senior Fitness		Senior Fitness		
Angela		Angela		
INSIDE 6pm-7pm		INSIDE		
		4pm-5pm		
		Yoga		
		Darcy		
		Bring your own		
		mat!		
	6pm-7pm			
Pilates	Cycle			
Darcy	Angela			
Bring your own				
mat!				
7pm-8pm		7pm-8pm		
Sunset Zumba		Sunset Zumba		
Gail		Dawn		
Outside		Outside		
	Gunz & Bunz Angela  9am-10am Senior Fitness Jane OUTSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  6pm-7pm Pilates Darcy Bring your own mat! 7pm-8pm Sunset Zumba Gail	Gunz & Bunz Angela  9am-10am Senior Fitness Jane OUTSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  6pm-7pm Pilates Darcy Bring your own mat! 7pm-8pm Sunset Zumba Gail	Gunz & Bunz Angela Angela Angela Angela Angela  Strength Express (30 mins) & Cycle Express (30 mins) Angela  9am-10am Senior Fitness Jane OUTSIDE OUTSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  4pm-5pm Yoga Darcy Bring your own mat!  6pm-7pm Pilates Darcy Bring your own mat!  7pm-8pm Sunset Zumba Gail  7pm-8pm Sunset Zumba Dawn	Gunz & Bunz Angela  Angela  9am-10am Senior Fitness Jane OUTSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  6pm-7pm Pilates Darcy Bring your own mat!  7pm-8pm Sunset Zumba Gail  Sam-10am Senior Fitness Senior Fitness Angela INSIDE  10:30am- 11:30am Senior Fitness Angela INSIDE  4pm-5pm Yoga Darcy Bring your own mat!  7pm-8pm Sunset Zumba Dawn