



Cold Springs Family Center
Group Exercise Schedule
Effective: Aug. 31st – Sept. 27th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30am-9:30am Muscle Burn Angela
	9am-10am Gunz & Bunz Angela		9am-10am Strength Express (30 mins) & Cycle Express (30 mins) Angela		
9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane OUTSIDE	9am-10am Senior Fitness Jane 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!	6pm-7pm Cycle Angela			
	7pm-8pm Sunset Zumba Gail Outside		7pm-8pm Sunset Zumba Dawn Outside		