



Cold Springs Family Center  
 Group Exercise Schedule  
 Effective: Sept. 10-Nov. 18, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn <b>Angela</b>
9:15 am		9:15-10:15 Cycle/stretch <b>Gail</b>	9:15-10:15 Piloxing <b>Gail</b>	9:15-10:15 Basic Step Aerobics <b>April</b>		9:15-10:15 Zumba <b>Maria</b>
10:30 am		10:30 - 11:30 Senior Fitness <b>Brittany</b>	10:30 - 11:30 Intro to Zumba <b>Gail</b>	10:30 - 11:30 Senior Fitness <b>Brittany</b>		
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 6:45 POUND <b>Julie</b>	6:00 - 7:00 Zumba <b>Gail</b>	6:00-7:15 Cycle+ Core <b>Angela</b>	6:00-7:00 Yoga <b>Darcy</b>		

The Family Center will be closed on Thursday 11/22 and Friday 11/23 in honor of the Thanksgiving Holiday!

Please watch for our postings on the temporary class schedule for Thanksgiving week (11/19-11/25).

We will then have a Holiday Group Exercise Schedule from 11/25-1/1/19