



Cold Springs Family Center  
 Group Exercise Schedule  
 Effective: May 15th- June 11th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am		9:15 - 10:15 Cycle, Core & More <b>Gail</b>	9:15 - 10:15 Cardio & Muscle Building <b>Tracey</b>	9:15-10:15 Basic Step Aerobics <b>April</b>	10:00-11:00 Cycle, Arms + Core <b>Angela</b>	9:15- 10:15 Zumba <b>Maria</b>
10:00						
10:30 am	10:30 - 11:30 Senior/Intro Zumba <b>Gail</b>	10:30 - 11:30 Senior Fitness <b>Brittany</b>		10:30 - 11:30 Senior Fitness <b>Brittany</b>		
11:00 am						
11:30 am						
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 7:00 Piloxing <b>Gail</b>	6:00 - 7:00 Zumba <b>Gail</b>	6:00-7:00 Yoga <b>Tasha</b>	6:00-7:00 HIIT Pilates <b>Darcy</b>	6:00-7:00 Yoga <b>Tasha</b>	
6:30						
7:00						
7:30 pm						