



**C.S.F.C**

**COLD SPRINGS FAMILY CENTER**

*Where Family, Fun & Fitness Come Together*

Cold Springs Family Center  
 Group Exercise Schedule  
 Effective: Nov. 19-Dec. 31st, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn Angela
9:15 am		9:15-10:15 Cycle/stretch Gail	9:15-10:15 Piloxing Gail	9:15-10:15 Basic Step Aerobics April		9:15-10:15 Zumba Maria
10:30 am		10:30 - 11:30 Senior Fitness Brittany	10:30 - 11:30 Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
5:30				5:30-6:00 Pilates Express Darcy		
6:00 pm	6:00 - 7:00 Cycle & Strength Angela	6:00 - 7:00 Zumba Gail	6:00-7:15 Cycle+ Core Angela	6:00-7:00 Yoga Darcy		

**Please be sure to watch for signs in the center indicating our  
 Holiday Hours and possible class changes due to that!**



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**I=INTENSITY RATING:**

Instructors have rated the average intensity of their class(es). However, they will provide options to both increase & decrease the intensity. We encourage you to work at a level that fits you! 1 is low, 5 is HIGH.

Classes may be cancelled due to low participation \* Classes are approx. 50-55 mins. \* Express classes are 30 mins.

**Class Descriptions**

**Boot Camp**- This is an intense cardio work-out, focused on total body strengthening in interval circuits. (I=5)

**Cycle** - Cycle is a variety of fast paced low impact rides using fun music and positive reinforcement. (I=4).

**Cycle /Strength/Core**- The combination of 30 mins. of cycle with 30 minutes of strength training or core exercises provides you with a total body work-out in one shot! (I=4)

**Intro to Zumba**- Zumba at a slower pace is perfect for seniors and/or beginners who want to try out the Zumba moves. (I=3)

**Muscle Burn** – From beginners to seniors to regular lifters, everyone is welcome. From your own resistance to using weights, this class will get you comfortable with weight & strength training. (I=3)

**Pilates** - Core strengthening and stretching exercises provide an intense workout using mat, body weight, light hand weights and Pilates balls. (I=3)

**PILOXING** –A non-stop, cardio fusion of standing Pilates, Boxing and dance that will push you past your limits. (I=4)

**POUND**- This full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Open to youth 5+ with adult!

**Senior Fitness** - Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights is alternated with low impact aerobic and leg strengthening exercises. A chair is offered for support. Alternating every Thursday, we will offer Senior/Chair Yoga as part of our Senior Fitness Class. (I=2)

**Strength & Tone Express** – Thirty minutes will be enough to develop your strength and tone that body! (I=4)

**Yoga** - Yoga does involve stretching, but it is really about creating balance in the body through developing both strength and flexibility. (I=3)

**Zumba** - Interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba. (I=4)

**CENTER GUIDELINES:** Youth must be 12 to work out on fitness equipment and 15 to enter on their own (or be accompanied by someone 15 years+). Please ask about our Youth Club for more options for those ages 12-14.

**Cold Springs Family Center**  
**18400 Village Parkway Reno, NV 89508**  
**775-657-6388**  
[www.coldspringsfamilycenter.com](http://www.coldspringsfamilycenter.com)  
**Like us on Facebook!**

**Center Hours:** Monday-Friday 5am-9pm, Saturday & Sunday 8am-4pm

**Child Watch Hours:** Monday-Friday 9:00am-12:30pm & 4pm-8pm, Saturday 9:00am-12:30pm