



**COLD SPRINGS FAMILY CENTER**

*Where Family, Fun & Fitness Come Together*

Cold Springs Family Center  
Group Exercise Schedule  
Effective: Nov. 27th –Dec. 31st, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am			9:30 - 10:30 Yoga Tasha	9:15-10:15 Basic Step Aerobics April		9:15- 10:15 Zumba Maria
10:00					10:00-11:00 Chair Yoga Tasha	
10:30 am	10:30 - 11:30 Intro to Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		10:30 - 11:30 Senior Fitness Brittany		10:30-11:30 Muscle Burn Angela
11:00 am						
11:30 am						
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
6:00 pm	6:00 - 7:00 Piloxing Gail	6:00 - 7:00 Zumba Gail				
6:30						
7:00						
7:30 pm						