



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

Cold Springs Family Center
 Group Exercise Schedule
 Effective: March 5th –May 27th 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		5:30 Yoga Tasha				9:15- 10:15 Zumba Maria
9:15 am		9:15-10:15		9:15-10:15		
9:30		Piloxing Gail No Class 3/20	9:30-10:30 Yoga Tasha	Basic Step Aerobics April		
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	
5:30pm			5:30-6:00 Guns & Buns Express Angela			
6:00pm	6:00 - 7:00 Piloxing Gail	6:00 - 7:00 Zumba Gail	6:00-7:00 Cycle Angela	6:00-7:00 Yoga Tasha		