



**Cold Springs Family Center**  
**Group Exercise Schedule**  
**Effective: Nov. 1<sup>st</sup> – Nov. 29th, 2020 UPDATE**  
**11/11/2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9am-10am <b>Muscle Burn</b> Angela
			9am-10am <b>Gunz &amp; Bunz</b> Angela		
	10am-11am <b>Senior Fitness</b> Jane OUTSIDE		10am-11am <b>Senior Fitness</b> Jane OUTSIDE		
10am-11am <b>Senior Fitness</b> Jane OUTSIDE	***** 10:30am-11:30am <b>Senior Fitness</b> Angela INSIDE	10am-11am <b>Senior Fitness</b> Jane OUTSIDE	***** 10:30am-11:30am <b>Senior Fitness</b> Angela INSIDE		
			4pm-5pm <b>Yoga</b> Darcy Bring your own mat!		
	6pm-7pm <b>Pilates</b> Darcy Bring your own mat!				

11/11/2020: Due to Governor’s speech on 11/10/2020, Face Masks/Coverings are required at all times, even during group exercise classes. For extra caution, we have suspended high intensity classes until further updates from the Governor.

Please note: The Family Center is closed on Thursday Nov. 26<sup>th</sup> and Friday Nov. 27<sup>th</sup> in honor of Thanksgiving & Family Day. We will re-open Saturday Nov. 28<sup>th</sup> at 8am as we resume our normal operating hours. We wish you a wonderful Thanksgiving.