



**Cold Springs Family Center
Group Exercise Schedule
Effective: Oct. 1st – Nov. 3rd, 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.		5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.		9am-10am Muscle Burn Angela	8:30am-11am Pickleball B-ball Ct
9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am ZUMBA	9:30am-10:30am Senior Fitness Jane B-ball Ct *****	9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am Piloxing Gail NO Class 10/2	9:30am-10:30am Senior Fitness Jane B-ball Ct ***** 9:30am-10:30am Step Aerobics April NO CLASS 10/31	***** 10:00-11:00 Cycle & Strength Angela	9:30-10:30 Mat & Body Workout Jane	
10:30am-12pm Pickleball B-ball Ct		10:30am-12pm Pickleball B-ball Ct	10:30am-12pm Pickleball B-ball Ct	11:30-1pm Line Dancing Merry		
6pm-7pm Yoga Kira 10/7: Vinyasa 10/14: NO CLASS 10/21: Vinyasa 10/28: Yin		6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna	6pm-7pm Yoga Kira 10/3: Vinyasa 10/10: Yin 10/17: NO CLASS 10/24: Yin 10/31: NO CLASS			

Pickleball:

- Pick-up Pickleball; All levels of play welcome. However, if you have never played, we will connect you with a player to get you comfortable with the rules and protocols of the game.
- During the week of Fall Break for Washoe County Schools, Pickleball may be adjusted in order to accommodate our school age program.