



**Cold Springs Family Center**  
**Group Exercise Schedule**  
 Effective: Jan. 6<sup>th</sup> – Feb. 2<sup>nd</sup>, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am-6:30am <b>Pickleball</b> <b>BEGINNERS</b> <b>ONLY</b> B-ball Ct.		5:15am-6:30am <b>Pickleball</b> <b>BEGINNERS ONLY</b> B-ball Ct.		9am-10am <b>Muscle Burn</b> Angela	8:30am-11am <b>Pickleball</b> B-ball Ct
7:30am-8:30am <b>Piloxing</b> Gail						
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct			
9:30am-10:30am <b>ZUMBA</b> Gail	9:30am-10:30am <b>Cycle</b> Gail	9:30am-10:30am <b>Piloxing</b> Gail	9:30am-10:30am <b>Step Aerobics</b> April		9:30-10:30 <b>Mat &amp; Body</b> <b>Workout</b> Jane	
10:30am-12pm <b>Pickleball</b> B-ball Ct		10:30am-12pm <b>Pickleball</b> B-ball Ct	10:30am-12pm <b>Pickleball</b> B-ball Ct			
	6pm-7pm <b>Yoga</b> Kira 1/7: Vinyasa 1/14: Yin 1/21: Vinyasa 1/28: Yin	6pm – 7pm <b>Full Body</b> <b>Work-Out</b> <b>(Strength &amp; Cardio)</b> Shawna	6pm-7pm <b>Yoga</b> Kira 1/9: Yin 1/16: Vinyasa 1/23: Yin 1/30: Vinyasa			

**Pickleball:**

- For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.
- Pickleball play may be extended past the time on the calendar only if there are no other needs for the court.