



Cold Springs Family Center
Group Exercise Schedule
 Effective: Feb. 3rd – March 2nd, 2025

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
8:00-9:00 Piloxing Gail						
9:30am-10:30am Senior Fitness Jane B-ball Ct No Class 2/17	9:30am-10:30am Senior Fitness Jane B-ball Ct No Class 2/18	9:30am-10:30am Senior Fitness Jane B-ball Ct	9:30am-10:30am Senior Fitness Jane B-ball Ct		9:30-10:30 Mat & Body Workout Jane No Class 2/15	
9:30am-10:30am ZUMBA Gail	9:30am-10:30am Cycle Gail No Class 2/4	9:30am-10:30am Piloxing Gail No Class 2/5	9:30am-10:30am Step Aerobics April No Class 2/13			
10:30am-1pm Pickleball B-ball Ct		10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
	6pm-7pm Vinyasa Yoga Kira No Class 2/4	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna	6pm-7pm Yin Yoga Kira No Class 2/6			

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.