



**Cold Springs Family Center
Group Exercise Schedule
Effective: March 3rd – March 30th 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	9:30am-10:30am Senior Fitness Jane B-ball Ct	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	
9:30am-10:30am ZUMBA Gail	9:30am-10:30am Cycle Gail	9:30am-10:30am Piloxing Gail No CLASS 3/5	9:30am-10:30am Step Aerobics April			
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	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna	6pm-7pm Yin Yoga Kira			

Pickleball:

- For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.
- Spring Break for Washoe Schools is 3/17-3/28/25. Therefore, those weeks Pickleball is 10:30-12pm on Monday, Weds and Thursday.
- Pickleball play may be extended past the time on the calendar only if there are no other needs for the court.