



Cold Springs Family Center
Group Exercise Schedule
Effective: March 31st – April 27th, 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 NO CLASS 4/19 | 8:30am-11am Pickleball B-ball Ct |
| 8:00-9:00 Piloxing Gail No Class 4/7 | | | | | | |
| 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 No Class 4/19 | |
| 9:30am-10:30am ZUMBA Gail No Class 4/7 | 9:30am-10:30am Cycle Gail No Class 4/8 | 9:30am-10:30am Piloxing Gail No Class 4/9 | 9:30am-10:30am Step Aerobics April No Class 4/10 | | | |
| 10:30am-1pm Pickleball B-ball Ct | | 10:30am-1pm Pickleball B-ball Ct | 10:30am-1pm Pickleball B-ball Ct | | | |
| 6pm-7pm Line Dancing Merry (vol.) No Class 3/31 | 6pm-7pm Vinyasa Yoga Kira No Class: 4/1 + 4/15 | 6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna | 6pm-7pm Yin Yoga Kira No Class 4/17 | | | |

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.

Easter: Saturday, April 19th - No Classes or Child Watch; Sunday, April 20th – The Family Center is CLOSED