



Cold Springs Family Center
Group Exercise Schedule
Effective: June 2nd - June 29th, 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.	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: 6/7+ 6/28	8:30am-11am Pickleball B-ball Ct
8:00-9:00 Piloxing Gail No Class 6/16						
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 Piloxing Gail No Class 6/4 + 6/18	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 Line Dancing Merry (vol.)	6pm-7pm Vinyasa Yoga Kira No Class: 6/17	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna No Class 6/18	6pm-7pm Yin Yoga Kira No Class: 6/19			

Pickleball:

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