



Cold Springs Family Center
Group Exercise Schedule
Effective: July 1st - July 31st, 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 Strength Cycle, Pilates Angela No class 7/5 + 7/26	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 Piloxing Gail No Class 7/2	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			
	5:45pm-7pm Vin & Yin Yoga Kira	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna				

THE FAMILY CENTER IS CLOSED Friday July 4th!

Pickleball:

- For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.