



Cold Springs Family Center
Group Exercise Schedule
Effective: August 1st - August 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	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			
	9:30am-10:15am Body Band Burn Shelby NEW CLASS! starts 8/12	9:30am-10:30am Piloxing Gail No Class 8/6	9:30am-10:30am Step Aerobics April	9:30am-10:15am Body Band Burn Shelby NEW CLASS! Starts 8/15		
10:30am-1pm Pickleball B-ball Ct		10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
	6pm-7pm Vin & Yin Yoga Kira	6pm – 7pm Full Body Work-Out (Strength & Cardio) Shawna (8/27+9/3 is Angela)				

Pickleball:

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