



**Cold Springs Family Center**  
**Group Exercise Schedule**  
**Effective: Sept. 1st - Oct. 5th, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.		9am-10am <b>Strength</b> <b>Cycle,</b> <b>Pilates</b> Angela	8:30am-11am <b>Pickleball</b> B-ball Ct
8:00-9:00 <b>Piloxing</b> Gail						
9:30am-10:30am <b>Senior Fitness</b> Jane/Nancy B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane/Nancy B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane/Nancy B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane/Nancy B-ball Ct			
	9:30am-10:15am <b>Body Band Burn</b> Shelby	9:30am-10:30am <b>Piloxing</b> Gail No Class 9/3 + 10/1	9:30am-10:30am <b>Step Aerobics</b> April	9:30am-10:15am <b>Body Band Burn</b> Shelby NO CLASS 9/12		
10:30am-1pm <b>Pickleball</b> B-ball Ct		10:30am-1pm <b>Pickleball</b> B-ball Ct	10:30am-1pm <b>Pickleball</b> B-ball Ct			
	6pm-7pm <b>Vin &amp; Yin Yoga</b> Kira No Class 9/9	6pm – 7pm <b>Full Body</b> <b>Work-Out</b> <b>(Strength &amp;</b> <b>Cardio)</b>  Shawna (9/3 =Angela)				

**Pickleball:**

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

**THE FAMILY CENTER IS CLOSED LABOR DAY, MONDAY SEPT. 1st**