

Cold Springs Family Center
Group Exercise Schedule
Effective: Oct. 6th - Nov. 2, 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 10/25 + 11/1	8:30am-11am Pickleball B-ball Ct
8:00-9:00 Piloxing Gail No Class 10/13						
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	9:30am-10:30am Piloxing Gail	9:30am-10:30am Step Aerobics April NO CLASS 10/23	9:30am-10:15am Body Band Burn Shelby		
	10:30-11+ 11-11:30 Kids Fit! w/Shelby 10/7 ONLY	10:30-11+ 11-11:30 Kids Fit! w/Shelby 10/8 ONLY		10:30-11+ 11-11:30 Kids Fit! w/Shelby 10/10 ONLY		
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 No Class 10/27	6pm – 7pm Full Body Work-Out Shawna NO CLASS 10/15	6pm-7pm Mat Fusion Flow Angela			

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

FALL BREAK ONLY SPECIAL YOUTH CLASS: “Kid-Fit” Ages 5+
KidFit: Tues, Weds., Fri (10/7, 10/8, 10/10) 10:30-11 and 11-11:30.