



Cold Springs Family Center Group Exercise Schedule Effective: Nov. 3rd - Nov. 30th, 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						
	9:30-10:30 Cycle Gail	9:30-10:30 Piloxing Gail No Class 11/5	9:30-10:30 Step April	9:30am-10:15am Band + Strength Shelby		
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			
10:30am-1pm Pickleball B-ball Ct	10:45am-11:30am Band + Strength Shelby	10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
6pm-6:45pm Full Body Circuit Shelby starts 11/10	6pm-6:45pm Mobility + Strength Shelby starts 11/11	6pm – 7pm Full Body Work-Out Angela	6pm-7pm Video Yoga self-led group no instructor			

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

The FAMILY CENTER IS CLOSED: Thursday 11/27 AND Friday 11/28 for Thanksgiving and Family Day!

Family Center Hours: M-F 5am-8pm; Saturday 8-4; Sunday 8-12