



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

## Cold Springs Family Center Group Exercise Schedule

Effective: February 1st - February 28th, 2026

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY                             | SUNDAY   |
|---|---|---|---|--|--------------------------------------|--|
| 5:15am-6:30am<br><b>Pickleball</b><br><b>BEGINNERS ONLY</b><br>B-ball Ct. | 5:15am-6:30am<br><b>Pickleball</b><br><b>BEGINNERS ONLY</b><br>B-ball Ct. | 5:15am-6:30am<br><b>Pickleball</b><br><b>BEGINNERS ONLY</b><br>B-ball Ct. | 5:15am-6:30am<br><b>Pickleball</b><br><b>BEGINNERS ONLY</b><br>B-ball Ct. |  | 9am-10am<br><b>Fitcamp</b><br>Angela | 8:30am-11am<br><b>Pickleball</b><br>B-ball Ct. |
| 8:00-9:00<br><b>Piloxing</b><br>Gail<br>No Class 2/23                     |   |   |   | 9:00am-10:15am<br><b>Band + Strength</b><br>Shelby |                                      |  |
| 9:30-10:30<br><b>ZUMBA</b><br>Gail<br>No Class 2/23                       | 9:30-10:30<br><b>Cycle</b><br>Gail<br>No Class 2/24                       | 9:30-10:30<br><b>Piloxing</b><br>Gail<br>No Class 2/4 +2/25               | 9:30-10:30<br><b>Step</b><br>April  |  |                                      |  |
| 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>B-ball Ct              | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>B-ball Ct              | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>B-ball Ct              | 9:30am-10:30am<br><b>Senior Fitness</b><br>Jane<br>B-ball Ct              |  |                                      |  |
| 10:30am-1pm<br><b>Pickleball</b><br>B-ball Ct                             | 10:45am-11:30am<br><b>Band + Strength</b><br>Shelby                       | 10:30am-1pm<br><b>Pickleball</b><br>B-ball Ct                             | 10:30am-1pm<br><b>Pickleball</b><br>B-ball Ct                             |  |                                      |  |
| 6pm-6:45pm<br><b>Full Body Circuit</b><br>Shelby                          | 6pm-7pm<br><b>ZUMBA</b><br>Gail<br>No Class 2/24                          | 6pm – 7pm<br><b>Cycle + Core</b><br><b>Power Workout</b><br>Angela        | 6pm-6:45pm<br><b>Lazy Girl Yoga</b><br>Tera                               |  |                                      |  |

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

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