



Cold Springs Family Center
Group Exercise Schedule: Effective: March 30th - May 3 2026

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.		9am-10am Fitcamp Angela	8:30am-11am Pickleball B-ball Ct.
8:00-9:00 Piloxing Gail				9:00am-10:15am Band + Strength Shelby		
9:30-10:30 ZUMBA Gail	9:30-10:30 Cycle Gail	9:30-10:30 Piloxing Gail 4/1: 8am	9:30-10:30 Step April			
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	10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
	4:30-5:30 Yoga Kira					
6pm-6:45pm Full Body Circuit Shelby	6pm-7pm ZUMBA Gail		6pm-6:45pm Candlelight Yoga Tera			

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

Pickleball Beginner Course: 3 Sessions (4/23 + 4/30 + 5/7) 5:30pm-7pm

Members: \$15 Non-Members: \$30 - sign up at the front desk! Must register in advance!

Space is limited to 8 people; sessions will be taught by our instructor, April. Classes will be a combination of indoor and outdoor play.