



## Cold Springs Family Center Group Exercise Schedule: Effective: March 2nd - March 29th 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am-6:30am <b>Pickleball</b> <b>BEGINNERS ONLY</b> B-ball Ct.		5:15am-6:30am <b>Pickleball</b> <b>BEGINNERS ONLY</b> B-ball Ct.		9am-10am <b>Fitcamp</b> Angela No Class 3/28	8:30am-11am <b>Pickleball</b> B-ball Ct.
8:00-9:00 <b>Piloxing</b> Gail No Class 3/2				9:00am-10:15am <b>Band + Strength</b> Shelby No Class 3/27		
9:30-10:30 <b>ZUMBA</b> Gail No Class 3/2	9:30-10:30 <b>Cycle</b> Gail No Class 3/3	9:30-10:30 <b>Piloxing</b> Gail No Class 3/4	9:30-10:30 <b>Step</b> April No Class 3/19			
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct			
10:30am-1pm <b>Pickleball</b> B-ball Ct	10:45am-11:30am <b>Band + Strength</b> Shelby No Class 3/24	10:30am-1pm <b>Pickleball</b> B-ball Ct	<i>10:30am-1pm</i> <b>Pickleball</b> <i>B-ball Ct</i>			
	4:30-5:30 <b>Yoga</b> Kira					
6pm-6:45pm <b>Full Body Circuit</b> Shelby No Class 3/23	6pm-7pm <b>ZUMBA</b> Gail No Class 3/3		6pm-6:45pm <b>Yoga</b> Tera			

**Pickleball:** For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation. Spring Break is the weeks of 3/23 + 3/30.