



Cold Springs Family Center Group Exercise Schedule: Effective: May 4th - May 31st, 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 No Class 5/4				9:00am-10:15am Band + Strength Shelby		
9:30-10:30 ZUMBA Gail No Class 5/4	9:30-10:30 Band + Strength Shelby	9:30-10:30 Piloxing Gail No Class 5/6+ 5/13	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		10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
		5pm-6pm Yoga Kira				
6pm-6:45pm Full Body Circuit Shelby	6pm-7pm ZUMBA Gail No Class 5/5		6pm-6:45pm Pilates/Fund. Mov. Tera			

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