

**Cold Springs Family Center**  
**Group Exercise Schedule: Effective: July 6th - August 2, 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. |  | 9am-10am<br><b>Fit Camp</b><br>Angela | 8:30am-11am<br><b>Pickleball</b><br>B-ball Ct. |
| 8am-9am<br><b>Piloxing</b><br>Gail                           |   |  |   |  |                                       |  |
| 9am-10am<br><b>ZUMBA</b><br>Gail                             | 9am-10am<br><b>Band + Strength</b><br>Shelby                              | 9am-10am<br><b>Piloxing</b><br>Gail                          | 9am-10am<br><b>Step</b><br>April<br>No Class 7/9 + 7/16                   | 9am-10am<br><b>Band + Strength</b><br>Shelby |                                       |  |
| 9am-10am<br><b>Senior Fitness</b><br>Jane/Nancy<br>B-ball Ct | 9am-10am<br><b>Senior Fitness</b><br>Jane/Nancy<br>B-ball Ct              | 9am-10am<br><b>Senior Fitness</b><br>Jane/Nancy<br>B-ball Ct | 9am-10am<br><b>Senior Fitness</b><br>Jane/Nancy<br>B-ball Ct              |  |                                       |  |
| 10:30am-1pm<br><b>Pickleball</b><br>B-ball Ct                |   | 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   | 6pm-7pm<br><b>Strong &amp; Steady</b><br>Angela              | 6pm-6:45pm<br><b>Pilates 1</b><br>Tera<br>No Class 7/16                   |  |                                       |  |

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

**NON-MEMBERS: Join us for a free trial of classes (excluding senior fitness) for the month of July!**

**If you utilize child watch, there are some changes effective June 1st. Please speak to the child watch staff or front desk!**