

Cold Springs Family Center

Group Exercise Schedule: Effective August 3rd - 30th, 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 Fit Camp Angela	8:30am-11am Pickleball B-ball Ct.
8am-9am Piloxing Gail						
9am-10am ZUMBA Gail	9am-10am Step April One Class Only: August 25th	9am-10am Piloxing Gail No Class 8/5	9am-10am Step April	9am-10am Band + Strength Shelby No Class 8/7		
9am-10am Senior Fitness Jane B-ball Ct	9am-10am Senior Fitness Jane B-ball Ct	9am-10am Senior Fitness Jane B-ball Ct	9am-10am 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			
6pm-6:45pm Full Body Circuit Shelby	6pm-7pm ZUMBA Gail	6pm-7pm Strong & Steady Angela				

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

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