

Cold Springs Family Center

Group Exercise Schedule: Effective Sept 28th - October 31, 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 ONLY HELD ON 9/29+10/13+10/27	9am-10am Piloxing Gail No Class 10/7	9am-10am Step April	9am-10am Band + Strength Shelby		
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			
10am-1pm Pickleball B-ball Ct		10am-1pm Pickleball B-ball Ct	10am-1pm Pickleball B-ball Ct			
6pm-6:45pm Full Body Circuit Shelby		6pm-7pm Body Sculpt Angela				

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