

Cold Springs Family Center

Group Exercise Schedule: Effective August 31st - Sept 27th, 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 No Class 9/14+ 9/21						
9am-10am ZUMBA Gail No Class 9/14+9/21	9am-10am Step April Classes ONLY: 9/15 + 9/29	9am-10am Piloxing Gail No Class 9/2+ 9/16	9am-10am Step April No Class 9/10	9am-10am Band + Strength Shelby No Class 9/18		
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 ZUMBA Gail No Class 9/15	6pm-7pm F.I.T. & Flow Angela				

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