C.S.F.C
COLD SPRINGS FAMILY CENTER
Where Family, Fun & Fitness Come Together

NOVEMBER 2026

Cold Springs Family Center

Group Exercise Schedule • Effective November 1–29, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9–10 AM **Piloxing** Gail	5:15–6:30 AM **Pickleball** **BEGINNERS ONLY** Basketball Court	9–10 AM **Piloxing** Gail	5:15–6:30 AM **Pickleball** **BEGINNERS ONLY** Basketball Court	9–10 AM **Band + Strength** Shelby	9–10 AM **Fit Camp** Angela	8:30–11 AM **Pickleball** Basketball Court
9–10 AM **Senior Fitness** Jane Basketball Court	9–10 AM **Cycle** Gail	9–10 AM **Senior Fitness** Jane Basketball Court	9–10 AM **Step** April *No class November 5*			
10 AM–1 PM **Pickleball** Basketball Court	9–10 AM **Senior Fitness** Jane Basketball Court	10 AM–1 PM **Pickleball** Basketball Court	9–10 AM **Senior Fitness** Jane Basketball Court			
6–6:45 PM **Full Body Circuit** Shelby		6–7 PM **HIIT & FLOW** Angela	10 AM–1 PM **Pickleball** Basketball Court			

CLOSED NOVEMBER 26 & 27
Thanksgiving & Family Day

Pickleball: On non-school days, times may be adjusted to accommodate our school-age program and member participation.