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

CLASS DESCRIPTIONS

Cold Springs Family Center • November 2026

INTENSITY GUIDE • 1 = LOW | 5 = HIGH

Instructors offer options to increase or decrease intensity. Work at a level that fits you.

Most classes are approximately 50–55 minutes. Classes may be canceled due to low participation.

Band & Strength — Intensity 3
Using bands and dumbbells to improve mobility and strength.

Cycle — Intensity 4
Fast-paced, low-impact rides with fun music and positive reinforcement.

Cycle & Core — Intensity 4
30 minutes of cycling followed by 30 minutes of Pilates/yoga core work.

Fit Camp — Intensity 4
For all levels. Resistance training with weights, bands and body weight, mixed with cardio intervals.

F.I.T. & Flow — Intensity 4
Full-body functional interval training followed by yoga-inspired flows, stretching and breath work. Functional Interval Training (FIT) combines everyday or sports movements with higher-intensity intervals and recovery.

Floor + Matt Workout — Intensity 3
Pilates and stretching, plus balance exercises using large Pilates balls.

Full Body Circuit — Intensity 3
A fast-paced, full-body circuit to build overall strength.

Full Body Work-Out (Strength and Cardio) — Intensity 3
Full-body strength and cardio to tone, improve endurance and increase overall strength. Modifications available for different fitness and skill levels.

HIIT & FLOW — Intensity 3
Total-body high-intensity interval training followed by deep stretching, yoga or Pilates. All levels welcome; modifications available.

Line Dancing — Intensity 2
Learn basic steps, combinations and simple line dances with volunteer instructor Merry Catron. Review steps and dances each week and help build our Cold Springs line dance community.

Mobility and Strength
Functional fitness combining mobility and strength to improve joint health and flexibility.

Pickleball — Intensity 4
Pick-up games throughout the week for fun, fellowship and exercise. Knowledge of the game and rules is requested. A brief meeting with Jane, our Pickleball coordinator, is required. New players are welcome—we will help you get started!

Piloxing — Intensity 4
Nonstop cardio combining standing Pilates, boxing and dance.

Senior Fitness — Intensity 2
A standing circuit for cardiovascular and muscular endurance. Handheld weights alternate with low-impact aerobics and leg-strengthening exercises. Indoor and outdoor options.

Step Aerobics — Intensity 3
A cardio workout using a step, with or without risers, or no step. Adjust the workout to your abilities.

Zumba — Intensity 4
Fast and slow rhythms with resistance training to tone and sculpt, blending Latin and international flavor.

CENTER GUIDELINES
Youth must be 12 to use fitness equipment and 15 to enter independently, or be accompanied by someone age 15 or older.

CENTER HOURS
Mon–Fri 5 AM–8 PM
Sat 8 AM–4 PM
Sun 8 AM–12 PM

CHILD WATCH
Mon–Fri 9 AM–12 PM & 4–7 PM
Sat 9 AM–12 PM

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