

December

2024

Franklin Park & Rec. Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3-5pm - Lap Swim 4pm - Aqua 2.0	2 9am - Platinum Zumba 6pm - TBR 6pm - Aquacise 6-8pm - Lap Swim	3 6-8pm - Lap Swim 6pm - Aqua 2.0	4 9am - Platinum Zumba 6pm - CycleFit 6pm - Total Body Reset (TBR)	5 6-8pm - Lap Swim 6pm - Aqua 2.0 6:30pm - Zumba Toning	6 9am - Platinum Zumba	7 9:30am - TBR
8 3-5pm - Lap Swim 4pm - Aqua 2.0	9 9am - Platinum Zumba 6pm - TBR 6pm - Aquacise 6-8pm - Lap Swim	10 6-8pm - Lap Swim 6pm - Aqua 2.0	11 9am - Platinum Zumba 6pm - CycleFit 6pm - Total Body Reset (TBR)	12 6-8pm - Lap Swim 6pm - Aqua 2.0 6:30pm - Zumba Toning	13 9am - Platinum Zumba	14 9:30am - TBR
15 3-5pm - Lap Swim 4pm - Aqua 2.0	16 9am - Platinum Zumba 6pm - TBR 6pm - Aquacise 6-8pm - Lap Swim	17 6-8pm - Lap Swim 6pm - Aqua 2.0	18 9am - Platinum Zumba 6pm - CycleFit 6pm - Total Body Reset (TBR)	19 6-8pm - Lap Swim 6pm - Aqua 2.0 6:30pm - Zumba Toning	20 9am - Platinum Zumba	21 9:30am - TBR
22 3-5pm - Lap Swim 4pm - Aqua 2.0	23 9am - Platinum Zumba 6pm - TBR 6pm - Aquacise 6-8pm - Lap Swim	24	25	26 6-8pm - Lap Swim 6pm - Aqua 2.0 6:30pm - Zumba Toning	27 9am - Platinum Zumba	28 9:30am - TBR
29 3-5pm - Lap Swim 4pm - Aqua 2.0	30 9am - Platinum Zumba 6pm - TBR	31				