


February

FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30am – TBR
2 3-5pm - Lap Swim 4pm – Aqua 2.0	3 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	4 7:30pm – Aqua 2.0 7:30-8:30pm – Lap Swim	5 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	6 6:30pm – Zumba Toning 7:30pm – Aqua 7:30-8:30pm – Lap Swim	7 9am – Platinum Zumba	8 9:30am – TBR
9 3-5pm - Lap Swim 4pm – Aqua 2.0	10 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	11 7:30pm – Aqua 2.0 7:30-8:30pm – Lap Swim	12 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	13 6:30pm – Zumba Toning 7:30pm – Aqua 7:30-8:30pm – Lap Swim	14 9am – Platinum Zumba	15 9:30am – TBR
16 3-5pm - Lap Swim 4pm – Aqua 2.0	17 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	18 7:30pm – Aqua 2.0 7:30-8:30pm – Lap Swim	19 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	20 6:30pm – Zumba Toning 7:30pm – Aqua 7:30-8:30pm – Lap Swim	21 9am – Platinum Zumba	22 9:30am – TBR
23 3-5pm - Lap Swim 4pm – Aqua 2.0	24 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	25 7:30pm – Aqua 2.0 7:30-8:30pm – Lap Swim	26 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	27 6:30pm – Zumba Toning 7:30pm – Aqua 7:30-8:30pm – Lap Swim	28 9am – Platinum Zumba	 Franklin Parks & Recreation

Total Body Reset (TBR)