


May

FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Franklin Parks & Recreation				1 <u>6:30pm</u> – Zumba Toning <u>7:30pm</u> – Aqua <u>7:30-8:30pm</u> – Lap Swim	2 <u>9am</u> – Platinum Zumba	3 <u>8:30am</u> – TBR
4 <u>3-5pm</u> - Lap Swim <u>4pm</u> – Aqua 2.0	5 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>7:30-8:30pm</u> – Lap Swim	6 <u>10am</u> – Chair Zumba <u>7:30pm</u> – Aqua 2 <u>7:30-8:30pm</u> – Lap Swim	7 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR (Total Body Reset <u>6pm</u> – CycleFit	8 <u>6:30pm</u> – Zumba Toning <u>7:30pm</u> – Aqua <u>7:30-8:30pm</u> – Lap Swim	9 <u>9am</u> – Platinum Zumba	10 <u>9:30am</u> – TBR
11 <u>3-5pm</u> - Lap Swim <u>4pm</u> – Aqua 2.0	12 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>7:30-8:30pm</u> – Lap Swim	13 <u>10am</u> – Chair Zumba <u>7:30pm</u> – Aqua 2 <u>7:30-8:30pm</u> – Lap Swim	14 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	15 <u>6:30pm</u> – Zumba Toning <u>7:30pm</u> – Aqua <u>7:30-8:30pm</u> – Lap Swim	16 <u>9am</u> – Platinum Zumba	17 <u>9:30am</u> – TBR
18 <u>3-5pm</u> - Lap Swim <u>4pm</u> – Aqua 2.0	19 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>7:30-8:30pm</u> – Lap Swim	20 <u>10am</u> – Chair Zumba <u>7:30pm</u> – Aqua 2 <u>7:30-8:30pm</u> – Lap Swim	21 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	22 <u>6:30pm</u> – Zumba Toning <u>7:30pm</u> – Aqua <u>7:30-8:30pm</u> – Lap Swim	23 <u>9am</u> – Platinum Zumba - Beeson	24 <u>9:30am</u> – TBR
25 <u>9am-11am</u> - Lap Swim <u>930am-1030am</u> – Aqua 2.0	26 Memorial Day	27 <u>9am-11am</u> - Lap Swim <u>10am</u> – Chair Zumba <u>930am-1030am</u> – Aqua 2	28 <u>9am-11am</u> - Lap Swim <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	29 <u>9am-11am</u> - Lap Swim <u>6:30pm</u> – Zumba Toning- <u>930am-1030am</u> – Aqua 2	30 <u>9am-11am</u> - Lap Swim <u>9am</u> – Platinum Zumba	31 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR

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