

July

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 No Lap Swim 10am – Chair Zumba 930am-1030am – Aqua 2.0	2 No Lap Swim 9am – Platinum Zumba 6pm – TBR	3 9am-11am - Lap Swim/Water Walking 930am-1030am – Aqua 2.0	4 9am-11am - Lap Swim/Water Walking Independence Day	5 9am-11am - Lap Swim 9:30am – TBR 10am- Aquacise
6 9am-11am - Lap Swim/Water Walking 930am-1030am – Aqua 2.0	7 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 9am-Pilates in the Park(Free at Youngs Creek Park) 6pm – TBR	8 9am-11am - Lap Swim/Water Walking 10am – Chair Zumba 930am-1030am – Aqua 2.0	9 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	10 9am-11am - Lap Swim/Water Walking 6:30pm – Zumba Toning- 930am-1030am – Aqua 2.0	11 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba @ the Amp	12 9am-11am - Lap Swim 9:30am – TBR 10am- Aquacise
13 9am-11am - Lap Swim/Water Walking 930am-1030am – Aqua 2.0	14 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	15 9am-11am - Lap Swim/Water Walking 10am – Chair Zumba 930am-1030am – Aqua 2.0 6pm – TBR	16 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 930am-1030am – Aqua 2.0	17 9am-11am - Lap Swim/Water Walking 6:30pm – Zumba Toning-	18 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba	19 9am-11am - Lap Swim 9:30am – TBR 10am- Aquacise
20 9am-11am - Lap Swim/Water Walking 930am-1030am – Aqua 2.0	21 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	22 9am-11am - Lap Swim/Water Walking 10am – Chair Zumba 930am-1030am – Aqua 2.0	23 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	24 9am-11am - Lap Swim/Water Walking 930a 6:30pm – Zumba Toning- 10am- Aquacise	25 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba @ the amp	26 9am-11am - Lap Swim 9:30am – TBR 10am- Aquacise
27 9am-11am - Lap Swim 930am-1030am – Aqua 2.0	28 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	29 9am-11am - Lap Swim/Water Walking 10am – Chair Zumba	30 9am-11am - Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR	31 9am-11am - Lap Swim/Water Walking 6:30pm – Zumba Toning- 10am- Aquacise		 Franklin Parks & Recreation