

August Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Franklin Parks & Recreation					1 <u>9am-11am</u> - Lap Swim/Water Walking <u>9am</u> – Platinum Zumba	2 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR 10am- Aquacise
3 <u>9am-11am</u> - Lap Swim/Water Walking <u>930am-1030am</u> – Aqua 2.0	4 <u>9am-11am</u> - Lap Swim/Water Walking <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	5 <u>9am-11am</u> - Lap Swim/Water Walking <u>10am</u> – Chair Zumba	6 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	7 <u>5pm- Aqua 2.0</u> <u>6:30pm</u> – Zumba Toning	8 <u>9am</u> – Platinum Zumba	9 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR 10am- Aquacise
10 <u>9am-11am</u> - Lap Swim/Water Walking <u>930am-1030am</u> – Aqua 2.0	11 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>630 pm</u> -Aquacise	12 <u>10am</u> – Chair Zumba <u>5pm- Aqua 2.0</u>	13 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	14 <u>5pm- Aqua 2.0</u> <u>6:30pm</u> – Zumba Toning	15 <u>9am</u> – Platinum Zumba	16 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR 10am- Aquacise
17 <u>9am-11am</u> - Lap Swim/Water Walking <u>930am-1030am</u> – Aqua 2.0	18 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>630 pm</u> -Aquacise	19 <u>10am</u> – Chair Zumba <u>5pm- Aqua 2.0</u>	20 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	21 <u>5pm- Aqua 2.0</u> <u>6:30pm</u> – Zumba Toning	22 <u>9am</u> – Platinum Zumba	23 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR 10am- Aquacise
24 <u>9am-11am</u> - Lap Swim/water walking <u>930am-1030am</u> – Aqua 2.0	25 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>630 pm</u> -Aquacise	26 <u>10am</u> – Chair Zumba <u>5pm- Aqua 2.0</u>	27 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	28 <u>5pm- Aqua 2.0</u> <u>6:30pm</u> – Zumba Toning	29 <u>9am</u> – Platinum Zumba	30 <u>9am-11am</u> - Lap Swim <u>9:30am</u> – TBR 10am- Aquacise
31 <u>9am-11am</u> - Lap Swim/water walking <u>930am-1030am</u> – Aqua 2.0						