

September

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	3 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	4 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	5 9am – Platinum Zumba	6 8:15 – TBR
7 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	8 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30 pm – Aquacise	9 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	10 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	11 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	12 9am – Platinum Zumba	13 8:15am – TBR
14 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	15 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aquacise	16 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	17 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	18 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	19 9am – Platinum Zumba	20 8:15am – TBR
21 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	22 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30 pm – Aquacise	23 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	24 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	25 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	26 9am – Platinum Zumba	27 8:15am – TBR
28 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	29 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aquacise	30 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0		*Highlighted programs are at the Franklin Central Middle School pool.		Parks Make Life Better! Franklin Parks & Recreation