

October Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Highlighted classes are located at the Franklin Central Middle School indoor pool.			1 9am – Platinum Zumba 6pm – TBR 6pm – FREE CycleFit	2 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	3 9am – Platinum Zumba	4 8:30am – TBR
5 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	6 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30 pm - Aquacise	7 10am – Chair Zumba 6pm- Tai-Chi 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aqua 2.0	8 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	9 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	10	11 8:30am – TBR
12 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	13 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aquacise	14 10am – Chair Zumba 6pm- Tai-Chi 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aqua 2.0	15 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	16 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	17 9am – Platinum Zumba	18 8:30am – TBR
19 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	20 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30 pm - Aquacise	21 10am – Chair Zumba 6pm- Tai-Chi 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aqua 2.0	22 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	23 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	24 9am – Platinum Zumba	25 8:30am – TBR
26 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	27 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aquacise	28 10am – Chair Zumba 6pm- Tai-Chi 7:30-8:30pm – Lap Swim 7:30-8:30pm - Aqua 2.0	29 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	30 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	31 9am – Platinum Zumba	Parks Make Life Better! ***** Franklin Parks & Recreation