

November Fitness Calendar



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