

January Fitness Calendar



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