

# April Fitness Calendar



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