

May Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*Aquatics Classes are moved to the Franklin Family Aquatic Center after May 22 nd for the summer.	*Lap swim/water walking from 9am-11am at FFAC after May 22 nd . \$2 admission.	 Franklin Parks & Recreation		1 9am – Platinum Zumba	2 9am – Total Body Reset (TBR)
3 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	4 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	5 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm Aqua 2.0	6 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	7 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	8 9am – Platinum Zumba	9 9am – TBR
10 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	11 9am – Platinum Zumba 6pm – TBR 7:30-8:30pm – Lap Swim	12 10am – Chair Zumba 5:30pm - Parks Pilates 7:30-8:30pm – Lap Swim 7:30-8:30pm Aqua 2.0	13 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	14 6:30pm – Zumba Toning 7:30-8:30pm – Lap Swim 7:30-8:30pm Aqua 2.0	15 9am – Platinum Zumba	16 9am – TBR
17 3-5pm- Open Family Swim 4pm-5pm – Aqua 2.0	18 9am – Platinum Zumba 5:30pm - Parks Pilates 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	19 10am – Chair Zumba 7:30-8:30pm – Lap Swim 7:30-8:30pm – Aqua 2.0	20 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	21 6pm – TBR 6:30pm – Zumba Toning	22 9am-11am – Lap Swim/Water Walking 9am – Platinum Zumba *Franklin Family Aquatic Center Open	23 9am-11am – Lap Swim/Water Walking 9am – TBR
24 9am-11am – Lap Swim/Water Walking 9:30am- Aqua 2.0	25 9am-11am – Lap Swim/Water Walking 10am – Aquacise (FREE)	26 9am-11am – Lap Swim/Water Walking 9:30am- Aqua 2.0 10am – Chair Zumba 5:30pm - Parks Pilates	27 9am-11am – Lap Swim/Water Walking 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	28 9am-11am – Lap Swim/Water Walking 9:30am- Aqua 2.0 6pm – TBR 6:30pm – Zumba Toning	29 9am-11am – Lap Swim/Water Walking	30 9am-11am – Lap Swim/Water Walking 9am – TBR
31 9am-11am – Lap Swim/Water Walking						