

July

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Aquatics classes are located at the Franklin Family Aquatic Center			1 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR 6pm - CycleFit	2 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 6:30pm - Zumba Toning	3 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 9:30am- Aqua 2.0	4 9:30am- Aqua 2.0 (FREE)
5 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	6 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR	7 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 10am - Chair Zumba	8 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR 6pm - CycleFit	9 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 6:30pm - Zumba Toning	10 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	11 9am - TBR 9am-11am- Lap Swim/Water Walking 10am - Aquacise
12 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	13 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR	14 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 10am - Chair Zumba	15 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR 6pm - CycleFit	16 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 6:30pm - Zumba Toning	17 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 9:30am- Aqua 2.0	18 9am - TBR 9am-11am- Lap Swim/Water Walking 9am - Aquacise
19 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	20 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR	21 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 10am - Chair Zumba	22 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR 6pm - CycleFit	23 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0 6:30pm - Zumba Toning	24 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	25 9am - TBR 9am-11am- Lap Swim/Water Walking 10am - Aquacise
26 9am-11am- Lap Swim/Water Walking 9:30am- Aqua 2.0	27 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR	28 9am-11am- Lap Swim/Water Walking 10am - Chair Zumba	29 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba 6pm - TBR 6pm - CycleFit	30 9am-11am- Lap Swim/Water Walking 6:30pm - Zumba Toning	31 9am-11am- Lap Swim/Water Walking 9am - Platinum Zumba	 Franklin Parks & Recreation