

August

Fitness Calendar



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