

September Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Franklin Parks & Recreation		1 <u>10am</u> – Chair Zumba <u>6pm</u> – Tai Chi <u>7pm</u> – Small Group Strength Training	2 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	3 <u>6:00pm</u> – Zumba Toning	4 <u>9am</u> – Platinum Zumba	5 <u>9am</u> – TBR
6	7 <u>LABOR DAY</u>	8 <u>10am</u> – Chair Zumba <u>6pm</u> – Tai Chi <u>7pm</u> – Small Group Strength Training	9 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	10 <u>6:00pm</u> – Zumba Toning	11 <u>9am</u> – Platinum Zumba	12 <u>9am</u> – TBR
13	14 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	15 <u>10am</u> – Chair Zumba <u>6pm</u> – Tai Chi <u>7pm</u> – Small Group Strength Training	16 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	17 <u>6:00pm</u> – Zumba Toning	18 <u>9am</u> – Platinum Zumba	19 <u>9am</u> – TBR
20	21 <u>6pm</u> – TBR	22 <u>10am</u> – Chair Zumba <u>6pm</u> – Tai Chi <u>7pm</u> – Small Group Strength Training	23 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit	24 <u>6:00pm</u> – Zumba Toning	25 <u>9am</u> – Platinum Zumba	26 <u>9am</u> – TBR
27	28 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR	29 <u>10am</u> – Chair Zumba <u>6pm</u> – Tai Chi <u>7pm</u> – Small Group Strength Training	30 <u>9am</u> – Platinum Zumba <u>6pm</u> – TBR <u>6pm</u> – CycleFit			