

September

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Franklin Parks & Recreation	*Classes Highlighted in blue are held at the Franklin Middle School pool	1 <u>10am</u> – Chair Zumba 6pm- Tai Chi <u>Aqua 2.0- 730pm</u>	2 <u>9am</u> – Platinum Zumba 6pm – TBR 6pm – CycleFit	3 <u>6:30pm</u> – Zumba Toning <u>Aqua 2.0- 730pm</u>	4 <u>9am</u> – Platinum Zumba	5
6 <u>Lap Swim- 3-5pm</u> <u>Aqua 2.0- 4pm</u>	7 LABOR DAY	8 <u>10am</u> – Chair Zumba 6pm- Tai Chi <u>Aqua 2.0- 730pm</u>	9 <u>9am</u> – Platinum Zumba 6pm – TBR 6pm – CycleFit	10 <u>6:30pm</u> – Zumba Toning <u>Aqua 2.0- 730pm</u>	11 <u>9am</u> – Platinum Zumba	12 <u>9am</u> – TBR
13 <u>Lap Swim- 3-5pm</u> <u>Aqua 2.0- 4pm</u>	14 <u>9am</u> – Platinum Zumba 6pm – TBR	15 <u>10am</u> – Chair Zumba 6pm – Tai Chi <u>Aqua 2.0- 730pm</u>	16 <u>9am</u> – Platinum Zumba 6pm – TBR 6pm – CycleFit	17 <u>6:30pm</u> – Zumba Toning <u>Aqua 2.0- 730pm</u>	18 <u>9am</u> – Platinum Zumba	19 <u>8am</u> – TBR
20 <u>Lap Swim- 3-5pm</u> <u>Aqua 2.0- 4pm</u>	21 6pm – TBR	22 <u>10am</u> – Chair Zumba 6pm – Tai Chi <u>Aqua 2.0- 730pm</u>	23 <u>9am</u> – Platinum Zumba 6pm – TBR 6pm – CycleFit	24 <u>6:30pm</u> – Zumba Toning <u>Aqua 2.0- 730pm</u>	25 <u>9am</u> – Platinum Zumba	26 <u>9am</u> – TBR
27 <u>Lap Swim- 3-5pm</u> <u>Aqua 2.0- 4pm</u>	28 <u>9am</u> – Platinum Zumba 6pm – TBR	29 <u>10am</u> – Chair Zumba 6pm – Tai Chi <u>Aqua 2.0- 730pm</u>	30 <u>9am</u> – Platinum Zumba 6pm – TBR 6pm – CycleFit			