

October

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 6:30pm – Zumba Toning Aqua 2.0- 730pm	2 9am – Platinum Zumba	3 8am – TBR
4 Lap Swim- 3-5pm Aqua 2.0- 4pm	5 9am – Platinum Zumba 6pm – TBR	6 10am – Chair Zumba 6pm- Tai Chi Aqua 2.0- 730pm	7 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	8 6:30pm – Zumba Toning Aqua 2.0- 730pm	9	10 8am – TBR
11 Lap Swim- 3-5pm	12	13 10am – Chair Zumba 6pm – Tai Chi	14 9am – Platinum Zumba 6pm – CycleFit	15 6:30pm – Zumba Toning	16 9am – Platinum Zumba	17 8am – TBR
18 Lap Swim- 3-5pm Aqua 2.0- 4pm	19 9am – Platinum Zumba 6pm – TBR	20 10am – Chair Zumba 6pm – Tai Chi Aqua 2.0- 730pm	21 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	22 6:30pm – Zumba Toning Aqua 2.0- 730pm	23 9am – Platinum Zumba	24 9am – TBR
25 Lap Swim- 3-5pm Aqua 2.0- 4pm	26 9am – Platinum Zumba 6pm – TBR	27 10am – Chair Zumba 6pm – Tai Chi Aqua 2.0- 730pm	28 9am – Platinum Zumba 6pm – TBR 6pm – CycleFit	29 6:30pm – Zumba Toning Aqua 2.0- 730pm	30 9am – Platinum Zumba	31