

NOVEMBER



2021 Franklin Parks & Recreation Fitness Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10AM Silver Steppers 6PM Total Fit (HIIT/Weights) 6:15PM Zumba	2 7PM Tai Chi <i>*Must sign up for session</i>	3 10AM Silver Steppers 6PM Total Fit (Step) 6:15PM Zumba	4 6PM Total Fit (PiYo/Barre)	5 10AM Silver Steppers	6
7	8 10AM Silver Steppers 6PM Total Fit (Step) 6:15PM Zumba	9 7PM Tai Chi <i>*Must sign up for session</i>	10 10AM Silver Steppers 6PM Total Fit (PiYo/Barre) 6:15PM Zumba	11 6PM Total Fit (HIIT/Weights)	12 10AM Silver Steppers	13
14	15 10AM Silver Steppers 6PM Total Fit (PiYo/Barre) 6:15PM Zumba	16 7PM Tai Chi <i>*Must sign up for session</i>	17 10AM Silver Steppers 6PM Total Fit (HIIT/Weights) 6:15PM Zumba	18 6PM Total Fit (Step)	19 10AM Silver Steppers	20
21	22 10AM Silver Steppers 6PM Total Fit (Instructor's Choice) 6:15PM Zumba	23 7PM Tai Chi <i>*Must sign up for session</i>	24 No Classes	25 No Classes	26 10AM Silver Steppers	27
28	29 10AM Silver Steppers 6PM Total Fit (Step) 6:15PM Zumba	30 7PM Tai Chi <i>*Must sign up for session</i>				