

SEPTEMBER

2022 Franklin Parks & Recreation Fitness Class Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4:30PM Water Aerobics (Franklin Family Aquatic Center) 6PM Total Fit (Step)	2 12PM Lunch Crunch	3 8AM Water Aerobics (Franklin Family Aquatic Center)
4 4PM Water Aerobics (Franklin Community Middle School)	5 CLOSED Labor Day	6 12PM Lunch Crunch 7:30PM Water Aerobics (Franklin Community Middle School)	7 5:45PM Total Fit (PiYo/Barre) 6:15PM Zumba	8 4:45PM Total Fit (HIIT/Weights)	9 9:30AM Moving with Mommy Zumba (FREE!) 12PM Lunch Crunch	10
11 4PM Water Aerobics (Franklin Community Middle School)	12 5:45PM Total Fit (Instructor's Choice) 6:15PM Zumba	13 12PM Lunch Crunch 7:30PM Water Aerobics (Franklin Community Middle School)	14 5:45PM Total Fit (Strength) 6:15PM Zumba	15 4:45PM Total Fit (Step)	16 12PM Lunch Crunch	17
18 4PM Water Aerobics (Franklin Community Middle School)	19 5:45PM Total Fit (PiYo/Barre) 6:15PM Zumba	20 12PM Lunch Crunch 7:30PM Water Aerobics (Franklin Community Middle School)	21 5:45PM Total Fit (HIIT/Weights) 6:15PM Zumba	22 4:45PM Total Fit (Instructor's Choice)	23 12PM Lunch Crunch	24
25 4PM Water Aerobics (Franklin Community Middle School)	26 5:45PM Total Fit (Step) 6:15PM Zumba	27 12PM Lunch Crunch 7:30PM Water Aerobics (Franklin Community Middle School)	28 5:45PM Total Fit (PiYo/Barre) 6:15PM Zumba	29 4:45PM Total Fit (Strength)	30 12PM Lunch Crunch	