

# NOVEMBER

## 2022 Franklin Parks & Recreation Fitness Class Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>2</b> 6PM <b>Total Fit (HIIT/Weights)</b> 6:15PM <b>Zumba</b>	<b>3</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>4</b>	<b>5</b>
<b>6</b> 4PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>7</b> 6PM <b>Total Fit (PiYo/Barre)</b> 6:15PM <b>Zumba</b>	<b>8</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>9</b> 6PM <b>Total Fit (Step)</b> 6:15PM <b>Zumba</b>	<b>10</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>11</b>	<b>12</b>
<b>13</b> 4PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>14</b> 6PM <b>Total Fit (Strength)</b> 6:15PM <b>Zumba</b>	<b>15</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>16</b> 6PM <b>Total Fit (Instructor's Choice)</b> 6:15PM <b>Zumba</b>	<b>17</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>18</b>	<b>19</b>
<b>20</b> 4PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>21</b> 6PM <b>Total Fit (HIIT/Weights)</b> 6:15PM <b>Zumba</b>	<b>22</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>23</b> 6:15PM <b>Zumba</b>	<b>24</b> <i>CLOSED for Thanksgiving</i>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 6PM <b>Total Fit (Step)</b> 6:15PM <b>Zumba</b>	<b>29</b> 7:30PM <b>Water Aerobics</b> <i>(Franklin Community Middle School)</i>	<b>30</b> 6PM <b>Total Fit (PiYo/Barre)</b> 6:15PM <b>Zumba</b>			