



## Franklin | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym				5:00AM-11:00AM (Gym)  2:00PM-9:00PM (Gym)	5:00AM-9:00PM (Gym)	7:00AM-12:00PM (Gym)  3:00PM-6:00PM (Gym)	9:00AM-6:00PM (Gym)
<b>Les Mills GRIT Series</b> Studio 1				5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>			4:00PM-4:30PM (Circuit Training) <i>Josh L.</i>
<b>Open Swim (Full Therapy Pool)</b> Therapy Pool				6:00AM-7:30AM (Therapy And Warm Water Pools)  9:30AM-9:45PM (Therapy And Warm Water Pools)	6:00AM-6:30AM (Therapy And Warm Water Pools)  11:30AM-8:45PM (Therapy And Warm Water Pools)	7:00AM-7:15AM (Therapy And Warm Water Pools)  9:45AM-7:45PM (Therapy And Warm Water Pools)	12:30PM-5:45PM (Therapy And Warm Water Pools)
<b>Lap Swim - 3 Lanes</b> Pool				6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	7:00AM-5:30PM (Lap Pools)	12:30PM-5:30PM (Lap Pools)
<b>Les Mills PILATES</b> Studio 1				6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>			
<b>H2O Circuit</b> Pool				6:30AM-7:15AM (Aquatics) <i>Susan M.</i>  7:30AM-8:25AM (Aquatics) <i>Susan M.</i>	6:30AM-7:15AM (Aquatics) <i>Susan M.</i>  7:30AM-8:25AM (Aquatics) <i>Mickie C.</i>	7:30AM-8:25AM (Aquatics) <i>Susan M.</i>  8:30AM-9:30AM (Aquatics) <i>Susan M.</i>	
<b>BARRE</b> Studio 2				6:30AM-7:30AM (Strength) <i>Elizabeth P.</i>  4:15PM-5:15PM (Strength) <i>Emily C.</i>	8:30AM-9:30AM (Strength) <i>Colleen D.</i>	9:15AM-10:15AM (Strength) <i>Tara B.</i>	

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<b>BODYPUMP</b> Studio 1				7:00AM-8:00AM (Strength) <i>Amanda B.</i>  4:15PM-5:15PM (Strength) <i>Shannon M.</i>  6:35PM-7:20PM (Strength) <i>Rachel A.</i>	10:30AM-11:30AM (Strength) <i>Andrea B.</i>	10:30AM-11:30AM (Strength) <i>Marcya B.</i>	9:30AM-10:30AM (Strength) <i>Marcya B.</i>  2:00PM-3:00PM (Strength) <i>Rotating I.</i>
<b>Group Exercise Class - Therapy Pool</b> Therapy Pool				7:30AM-9:25AM (Therapy And Warm Water Pools)	6:30AM-11:25AM (Therapy And Warm Water Pools)	7:30AM-9:30AM (Therapy And Warm Water Pools)	
<b>Total Strength Core</b> Studio 1				8:15AM-8:40AM (Strength) <i>Audrea W.</i>			
<b>Zumba</b> Studio 2				8:15AM-9:15AM (Dance) <i>Leslie D.</i>			
<b>Yoga</b> Studio 3				8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>			
<b>Hydrorider</b> Pool				8:30AM-9:25AM (Aquatics) <i>Beth P.</i>	8:30AM-9:25AM (Aquatics) <i>Mickie C.</i>		
<b>Plates &amp; Weights</b> Studio 1				8:45AM-9:45AM (Strength) <i>Audrea W.</i>			
<b>Indoor Cycling</b> Cycle Studio				9:15AM-10:15AM (Cycling) <i>Maggie S.</i>	5:30AM-6:30AM (Cycling) <i>Emily C.</i>		
<b>Vinyasa Yoga</b> Studio 2				9:30AM-10:30AM (Mind & Body) <i>Pat W.</i>	6:45AM-7:45AM (Mind & Body) <i>Julie B.</i>	8:00AM-9:00AM (Mind & Body) <i>Julie B.</i>	
<b>AOA Circuit</b> Studio 3/Track				9:30AM-10:25AM (Active Older Adults) <i>Cheryl S.</i>	9:30AM-10:30AM (Active Older Adults) <i>Leslie F.</i>		
<b>Boot Camp</b> Studio 1				10:00AM-11:00AM (Circuit Training) <i>Audrea W.</i>	9:15AM-10:15AM (Circuit Training) <i>Kathleen F.</i>  5:30PM-7:00PM (Circuit Training) <i>Michael J.</i>		

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<b>Les Mills SPRINT</b> Cycle Studio				10:30AM-11:00AM (Cycling) <i>Wynedka P.</i>  6:00PM-6:30PM (Cycling) <i>Wynedka P.</i>	12:00PM-12:30PM (Cycling) <i>Emily M.</i>	8:30AM-9:00AM (Cycling) <i>Lauren B.</i>  9:30AM-10:00AM (Cycling) <i>Wynedka P.</i>	2:30PM-3:00PM (Cycling) <i>Wynedka P.</i>  3:10PM-3:40PM (Cycling) <i>Emily M.</i>
<b>Total Strength Core</b> Studio 3				10:30AM-10:55AM (Strength) <i>Maggie S.</i>			
<b>Restorative Yoga</b> Studio 2				10:45AM-11:45AM (Mind & Body) <i>Lou A.</i>			
<b>Pickleball</b> Gym				11:00AM-2:00PM (Gym)		12:00PM-3:00PM (Gym)	
<b>Zumba Gold</b> Studio 3				11:00AM-11:45AM (Active Older Adults) <i>Javin B.</i>			
<b>AOA Strength</b> Studio 1				12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>			
<b>Basic Yoga</b> Studio 1				1:10PM-2:10PM (Mind & Body) <i>Renee L.</i>			
<b>Advanced Vinyasa Yoga</b> Studio 3				4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>			
<b>Kickboxing/Strength Fusion</b> Studio 1				5:30PM-6:30PM (Circuit Training) <i>Heidi P.</i>			
<b>Les Mills PILATES</b> Studio 2				5:45PM-6:30PM (Mind & Body) <i>Rachel A.</i>		11:15AM-12:00PM (Mind & Body) <i>Wynedka P.</i>	
<b>Dance Blast/Strength Fusion</b> Studio 3				6:00PM-7:00PM (Dance) <i>Serena P.</i>			
<b>FIT Women (\$)</b> Studio 1					6:50AM-7:50AM (Fee Based Classes) <i>Josh L.</i>		
<b>Step/Strength Fusion</b> Studio 1					8:00AM-9:00AM (Circuit Training) <i>Katherine P.</i>		
<b>H2O Flexibility</b> Pool					9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		

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<b>Zumba Toning</b> Studio 2					9:45AM-10:45AM (Dance) <i>Laura B.</i>		
<b>Water Volleyball</b> Pool					10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>		
<b>Mat Pilates</b> Studio 2					11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>		
<b>BODYBALANCE</b> Studio 3					11:30AM-12:30PM (Mind & Body) <i>Rachel A.</i>	10:30AM-11:30AM (Mind & Body) <i>Shannon M.</i>	
<b>AOA Circuit</b> Studio 1					12:00PM-1:00PM (Active Older Adults) <i>Leslie F.</i>		
<b>Les Mills CORE</b> Studio 2					12:45PM-1:15PM (Strength) <i>Emily M.</i>	10:30AM-11:00AM (Strength) <i>Wynedka P.</i>	3:15PM-3:45PM (Strength) <i>Wynedka P.</i>
<b>Total Strength Full Body</b> Studio 1						8:00AM-9:00AM (Strength) <i>Colleen D.</i>	
<b>Dance Blast</b> Studio 1						9:15AM-10:15AM (Dance) <i>Serena P.</i>	
<b>BODYCOMBAT</b> Studio 3						9:15AM-10:15AM (Martial Arts) <i>Marcya B.</i>	
<b>BODYCOMBAT</b> Studio 1							12:45PM-1:45PM (Martial Arts) <i>Grace M.</i>
<b>BODYBALANCE</b> Studio 2							12:45PM-1:45PM (Mind & Body) <i>Elizabeth P.</i>
<b>Dance Blast</b> Studio 2							2:00PM-3:00PM (Dance) <i>Alana W.</i>