



## Franklin | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym	5:00AM-9:00PM (Gym)	5:00AM-11:00AM (Gym)  1:00PM-9:00PM (Gym)	5:00AM-9:00AM (Gym)  9:30AM-11:00AM (Gym)  11:30AM-1:00PM (Gym)  2:00PM-9:00PM (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>Indoor Cycling</b> Cycle Studio	5:30AM-6:30AM (Cycling) <i>Emily D.</i>  9:45AM-10:45AM (Cycling) <i>Audrea W.</i>  5:30PM-6:30PM (Cycling) <i>Emily C.</i>		5:15AM-6:00AM (Cycling) <i>Nikki S.</i>  9:00AM-10:00AM (Cycling) <i>Audrea W.</i>  5:30PM-6:30PM (Cycling) <i>Emily C.</i>	9:15AM-10:15AM (Cycling) <i>Maggie S.</i>	5:30AM-6:30AM (Cycling) <i>Emily C.</i>		
<b>Lap Swim - 3 Lanes</b> Pool	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	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>Open Swim (Full Therapy Pool)</b> Therapy Pool	6:00AM-7:30AM (Therapy And Warm Water Pools)  11:30AM-5:25PM (Therapy And Warm Water Pools)  6:45PM-8:00PM (Therapy And Warm Water Pools)	5:00AM-7:30PM (Therapy And Warm Water Pools)  9:35AM-8:30PM (Therapy And Warm Water Pools)	5:00AM-7:30AM (Therapy And Warm Water Pools)  11:35AM-8:30PM (Therapy And Warm Water Pools)  6:45PM-9:45PM (Therapy And Warm Water Pools)	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>Strength/Stretch Fusion</b> Studio 2	6:45AM-7:30AM (Strength) <i>Maggie S.</i>						
<b>FIT Women (\$)</b> Studio 1	6:50AM-7:50AM (Fee Based Classes) <i>Josh L.</i>		6:50AM-7:50AM (Fee Based Classes) <i>Beth P.</i>		6:50AM-7:50AM (Fee Based Classes) <i>Beth P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>H2O Circuit</b> Pool	7:30AM-8:25AM (Aquatics) <i>Mickie C.</i>	8:30AM-9:30AM (Aquatics) <i>Amy M.</i>	7:30AM-8:25AM (Aquatics) <i>Lynn L.</i>	6:30AM-7:15AM (Aquatics) <i>Susan M.</i>  7:30AM-8:25AM (Aquatics) <i>Lynn L.</i>	6:30AM-7:15AM (Aquatics) <i>Susan M.</i>	7:30AM-8:25AM (Aquatics) <i>Susan M.</i>  8:30AM-9:30AM (Aquatics) <i>Susan M.</i>	
<b>Group Exercise Class - Therapy Pool</b> Therapy Pool	7:30AM-11:30AM (Therapy And Warm Water Pools)	8:30AM-9:30AM (Therapy And Warm Water Pools)	6:00AM-11:30AM (Therapy And Warm Water Pools)	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>Kickboxing</b> Studio 1	8:15AM-9:15AM (Martial Arts) <i>Andrea B.</i>						
<b>Zumba</b> Studio 2	8:30AM-9:25AM (Dance) <i>Leslie D.</i>		5:30PM-6:30PM (Dance) <i>Elizabeth P.</i>	8:15AM-9:15AM (Dance) <i>Leslie D.</i>			
<b>Cycle/Strength Fusion</b> Cycle Studio	8:30AM-9:30AM (Cycling) <i>Audrea W.</i>						
<b>Hydrorider</b> Pool	8:30AM-9:25AM (Aquatics) <i>Mickie C.</i>		8:30AM-9:25AM (Aquatics) <i>Lynn L.</i>	8:30AM-9:25AM (Aquatics) <i>Lynn L.</i>	8:30AM-9:25AM (Aquatics) <i>Smarnunt M.</i>		
<b>BODYPUMP</b> Studio 1	9:30AM-10:30AM (Strength) <i>Andrea B.</i>  6:30PM-7:30PM (Strength) <i>Marcya B.</i>	7:00AM-8:00AM (Strength) <i>Sarah T.</i>  8:15AM-9:15AM (Strength) <i>Sarah T.</i>  4:15PM-5:15PM (Strength) <i>Shannon M.</i>	9:15AM-10:15AM (Strength) <i>Amanda B.</i>  4:15PM-5:00PM (Strength) <i>Wynedka P.</i>	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>Shannon M.</i>
<b>AOA Circuit</b> Studio 3/Track	9:30AM-10:30AM (Active Older Adults) <i>Paula J.</i>	9:30AM-10:30AM (Active Older Adults) <i>Cheryl S.</i>	9:35AM-10:35AM (Active Older Adults) <i>Beth P.</i>	9:30AM-10:25AM (Active Older Adults) <i>Cheryl S.</i>	9:30AM-10:30AM (Active Older Adults) <i>Leslie F.</i>		
<b>BODYBALANCE</b> Studio 2	9:30AM-10:25AM (Mind & Body) <i>Shannon M.</i>		10:05AM-10:35AM (Mind & Body) <i>Elizabeth P.</i>				12:45PM-1:45PM (Mind & Body) <i>Elizabeth P.</i>
<b>H2O Flexibility</b> Pool	9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		
<b>Water Volleyball</b> Pool	10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>				10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>		
<b>Total Strength Core</b> Studio 2	10:35AM-10:55AM (Strength) <i>Emily C.</i>		8:15AM-8:45AM (Strength) <i>Audrea W.</i>				

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<b>Dance Blast</b> Studio 1	10:45AM-11:45AM (Dance) <i>Lara B.</i>					9:15AM-10:15AM (Dance) <i>Trina S.</i>	
<b>Line Dancing</b> Studio 3	10:45AM-11:45AM (Dance) <i>Cheryl S.</i>						
<b>BARRE</b> Studio 2	11:00AM-12:00PM (Strength) <i>Emily C.</i>  4:15PM-5:15PM (Strength) <i>Tara B.</i>	8:15AM-9:15AM (Strength) <i>Janie M.</i>  5:30PM-6:30PM (Strength) <i>Colleen D.</i>	10:45AM-11:45AM (Strength) <i>Elizabeth P.</i>  4:15PM-5:15PM (Strength) <i>Janie M.</i>	6:30AM-7:30AM (Strength) <i>Tara B.</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>	
<b>Yoga</b> Studio 3	12:00PM-1:00PM (Mind & Body) <i>Renee L.</i>	8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>		8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>			
<b>AOA Circuit</b> Studio 1	12:00PM-1:00PM (Active Older Adults) <i>Lynn L.</i>				12:00PM-1:00PM (Active Older Adults) <i>Lynn L.</i>		
<b>ABC Program</b> Studio 2	12:05PM-1:00PM (General) <i>Elizabeth P.</i>						
<b>Cardio Drumming</b> Studio 1	1:10PM-2:00PM (Cardio) <i>Jazz J.</i>				1:10PM-2:00PM (Cardio) <i>Lynn L.</i>		
<b>Total Strength Full Body</b> Studio 1	4:15PM-5:15PM (Strength) <i>Julie B.</i>	10:30AM-11:30AM (Strength) <i>Beth P.</i>  6:35PM-7:30PM (Strength) <i>Carissa L.</i>				8:00AM-9:00AM (Strength) <i>Beth P.</i>	
<b>Karate (\$)</b> Studio 3	5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>		5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>				
<b>BODYATTACK</b> Studio 1	5:30PM-6:15PM (Cardio) <i>Marcy B.</i>	9:30AM-10:15AM (Cardio) <i>Kathleen F.</i>	5:30PM-6:15PM (Cardio) <i>Josh L.</i>				
<b>Vinyasa Yoga</b> Studio 2	5:30PM-6:30PM (Mind & Body) <i>Pat W.</i>	9:30AM-10:30AM (Mind & Body) <i>Pat W.</i>	6:45AM-7:45AM (Mind & Body) <i>Julie B.</i>	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>Les Mills GRIT Series</b> Studio 1		5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>		5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>			4:00PM-4:30PM (Circuit Training) <i>Josh L.</i>
<b>Les Mills PILATES</b> Studio 1		6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>		6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>			

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<b>Dance Blast/Strength Fusion</b> Studio 2		10:45AM-11:45AM (Dance) <i>Lara B.</i>					
<b>Restorative Yoga</b> Studio 3		10:45AM-11:45AM (Mind & Body) <i>Lou A.</i>					
<b>Pickleball</b> Gym		11:00AM-1:00PM (Gym)		11:00AM-2:00PM (Gym)		12:00PM-3:00PM (Gym)	
<b>AOA Strength</b> Studio 1		12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>		12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>			
<b>Stretch &amp; Recover</b> Studio 3		12:00PM-12:45PM (Mind & Body) <i>Lori C.</i>					
<b>Foam Rolling</b> Studio 3		1:00PM-1:30PM (Mind & Body) <i>Lori C.</i>					
<b>Basic Yoga</b> Studio 1		1:10PM-2:10PM (Mind & Body) <i>Renee L.</i>		1:10PM-2:10PM (Mind & Body) <i>Renee L.</i>			
<b>Boot Camp</b> Studio 2		4:15PM-5:15PM (Circuit Training) <i>Beth P.</i>					
<b>Advanced Vinyasa Yoga</b> Studio 3		4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>		4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>			
<b>Les Mills SPRINT</b> Cycle Studio		5:30PM-6:00PM (Cycling) <i>Wynedka P.</i>		6:00PM-6:30PM (Cycling) <i>Emily M.</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>BODYCOMBAT</b> Studio 1		5:30PM-6:30PM (Martial Arts) <i>Marcya B.</i>	6:30PM-7:30PM (Martial Arts) <i>Kim E.</i>				
<b>BODYBALANCE</b> Studio 3		5:30PM-6:30PM (Mind & Body) <i>Elizabeth P.</i>			11:30AM-12:30PM (Mind & Body) <i>Rachel A.</i>	10:30AM-11:30AM (Mind & Body) <i>Shannon M.</i>	
<b>Les Mills CORE</b> Studio 2		6:35PM-7:05PM (Strength) <i>Wynedka P.</i>			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>Dance Blast</b> Studio 3		6:45PM-7:45PM (Dance) <i>Serena P.</i>					

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<b>Boot Camp</b> Studio 1			5:30AM-6:30AM (Circuit Training) <i>Julie B.</i>	10:00AM-11:00AM (Circuit Training) <i>Audrea W.</i>	9:15AM-10:15AM (Circuit Training) <i>Heidi P.</i>  5:30PM-7:00PM (Circuit Training) <i>Michael J.</i>		
<b>Cycle Blast</b> Cycle Studio			7:15AM-8:10AM (Cycling) <i>Audrea W.</i>				
<b>Step</b> Studio 1			8:00AM-8:45AM (Cardio) <i>Beth P.</i>				
<b>AOA Dance</b> Studio 3			8:50AM-9:35AM (Active Older Adults) <i>Beth P.</i>				
<b>Dance Blast</b> Studio 2			9:00AM-10:00AM (Dance) <i>Lara B.</i>				2:00PM-3:00PM (Dance) <i>Alana W.</i>
<b>Born to Move</b> Gym			9:00AM-9:30AM (Gym)  11:00AM-11:30AM (Gym)				
<b>Les Mills BORN TO MOVE</b> Gym			9:30AM-10:00AM (Youth & Family) <i>Jazz J.</i>				
<b>Water Volleyball</b> Therapy Pool			10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>				
<b>Kickboxing/Strength Fusion</b> Studio 1			10:30AM-11:30AM (Circuit Training) <i>Kathleen F.</i>	5:30PM-6:30PM (Circuit Training) <i>Colleen D.</i>			12:45PM-1:45PM (Circuit Training) <i>Heidi P.</i>
<b>Mat Pilates</b> Studio 3			11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>				
<b>Yoga</b> Studio 2			12:00PM-1:00PM (Mind & Body) <i>Renee L.</i>  6:45PM-7:45PM (Mind & Body) <i>Angela D.</i>				
<b>AOA Yoga</b> Studio 1			12:00PM-1:00PM (Active Older Adults) <i>Smarnunt M.</i>				
<b>BrightStone</b> Gym			1:00PM-2:00PM (Gym)				

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<b>Functional Balance</b> Studio 1			1:15PM-2:15PM (Active Older Adults) <i>Leslie F.</i>				
<b>Total Strength Core</b> Studio 1				8:15AM-8:40AM (Strength) <i>Audrea W.</i>			
<b>Plates &amp; Weights</b> Studio 1				8:45AM-9:45AM (Strength) <i>Audrea W.</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>Zumba Gold</b> Studio 3				11:00AM-11:45AM (Active Older Adults) <i>Sarah S.</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>Step/Strength Fusion</b> Studio 1					8:00AM-9:00AM (Circuit Training) <i>Beth P.</i>		
<b>Zumba Toning</b> Studio 2					9:45AM-10:45AM (Dance) <i>Laura B.</i>		
<b>Mat Pilates</b> Studio 2					11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>		
<b>Strength/Cardio Fusion</b> Studio 2					1:30PM-2:15PM (Circuit Training) <i>Molly M.</i>		
<b>BODYCOMBAT</b> Studio 3						9:15AM-10:15AM (Martial Arts) <i>Marcya B.</i>	