

# Group Fitness Classes

Franklin Recreation Complex (schedule is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am - 6:15am Indoor Cycling		5:30am - 6:15am Indoor Cycling	5:30am - 6:15am Cardio Interval	5:30am - 6:15am Indoor Cycling	
8:30am - 9:30am Step TNT	8:30am - 9:30am Zumba	8:30am - 9:30am Step TNT	8:30am - 9:30am Zumba	8:30am - 9:30am Step TNT	8:30am - 9:15am Indoor Cycling
8:30am - 9:30am Indoor Cycling *ER	9:30am - 10:30am Pilates/Yoga	8:30am - 9:30am Indoor Cycling *ER	9:30am - 10:30am Pilates/Yoga	8:30am - 9:30am Indoor Cycling *Pedal and Pump	8:30am - 9:30am Chisel & Sculpt
9:40am - 10:40am Chisel & Sculpt		9:40am - 10:40am Chisel & Sculpt		9:40am - 10:40am Pilates Powerhouse	9:40am - 10:40am Zumba
10:50am - 11:50am Zumba	9:15am - 10:15am Indoor Cycling *Band Work	10:50am - 11:50am Zumba	9:15am - 10:15am Indoor Cycling *Band Work	10:50am - 11:50am Zumba	
3:45pm - 4:45pm Zumba	3:34pm - 4:45pm Zumba	4:15pm - 5:00pm Indoor Cycling	3:45pm - 4:45pm Zumba		
5:00pm - 6:00pm Chisel & Sculpt		5:00pm - 5:45pm Chisel & Sculpt	5:00pm - 6:00pm Fit Camp	5:00pm - 6:00pm Chisel & Sculpt	<b><u>SUNDAY</u></b>
5:30pm - 6:30pm Indoor Cycling *ER	5:30pm - 6:30pm Fit Camp	5:50pm - 6:10pm Core Conditioning	6:00pm - 7:00pm Indoor Cycling *Band Work		2:45pm - 3:45pm Zumba
6:10pm - 7:10pm Zumba	6:00pm - 7:00pm Indoor Cycling *Band Work	6:20pm - 7:20pm Zumba	6:10pm - 7:10pm Zumba		4:00pm - 5:00pm Cardio Interval
7:20pm - 8:20pm Yoga		7:30pm - 8:30pm Zumba	7:20pm - 8:20pm Yoga		4:00pm - 5:00 pm *Extended Ride *Band Work