





April 2018



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 April Fool's Day Easter 4:00pm-5:00pm Yoga	2 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	3 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	4 12:00pm-12:45pm Kickboxing	5 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	6 12:00pm-12:45pm Cardio Strength	7 9:00am-9:45am Cardio Remix
8 4:00pm-5:00pm Yoga	9 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	10 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	11 12:00pm-12:45pm Kickboxing	12 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	13 12:00pm-12:45pm Cardio Strength	14 9:00am-9:45am Cardio Remix
15 4:00pm-5:00pm Yoga	16 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba <u>6:10pm Taste & See</u> 6:15pm-7:00pm Pilates Fusion	17 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	18 12:00pm-12:45pm Kickboxing 	19 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	20 12:00pm-12:45pm Cardio Strength	21 9:00am-9:45am Cardio Remix
22 Earth Day 4:00pm-5:00pm Yoga	23 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	24 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	25 12:00pm-12:45pm Kickboxing <u>12:40pm Taste & See</u>	26 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	27 12:00pm-12:45pm Cardio Strength	28 9:00am-9:45am Cardio Remix
29 4:00pm-5:00pm Yoga	30 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	Free childcare offered at Tues & Thurs 6:15pm classes.			Stormont Vail Health The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	 Trinity Presbyterian Church The Family You Choose 4746 SW 21 st St



Heat Up Topeka

www.flocritkansas.org