






April 2019



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>April Fool's Day</i> 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	2 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	3 12:00pm-12:45pm Kickboxing	4 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	5 12:00pm-12:45pm Cardio Strength	6 9:00am-9:45am Cardio Remix
7 4:00pm-5:00pm Yoga	8 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	9 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	10 12:00pm-12:45pm Kickboxing	11 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12 12:00pm-12:45pm Cardio Strength	13 9:00am-9:45am Cardio Remix
14 4:00pm-5:00pm Yoga	15 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	16 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	17 12:00pm-12:45pm Kickboxing	18 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	19 <i>Good Friday</i> 12:00pm-12:45pm Cardio Strength	20 9:00am-9:45am Cardio Remix
21 <i>Easter</i> 4:00pm-5:00pm Yoga	22 <i>Earth Day</i> 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:10pm <i>Taste & See</i> 6:15pm-7:00pm Pilates Fusion	23 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval 	24 <i>National Walk @ Lunch Day</i> <i>Bcbsks.com/walk #NWLDKS</i> <i>12:00 KS State Capitol South Grounds – NO KB class – join us downtown instead</i>	25 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	26 12:00pm-12:45pm Cardio Strength	27 9:00am-9:45am Cardio Remix
28 4:00pm-5:00pm Yoga	29 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	30 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	Free childcare offered at Tues & Thurs 6:15pm classes.		 The HEAT Up Topeka program is supported by a grant from Florence Crittenton & FHLBank	
					 4746 SW 21 st St	



Heat Up Topeka

www.flocritkansas.org