



August 2017



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Free childcare offered at Tues & Thurs 6:15pm classes.		1 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	2 12:00pm-12:45pm Kickboxing	3 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	4 12:00pm-12:45pm Cardio Strength	5 8:00am-8:45am Kickbox Fusion
		6 4:00pm-5:00pm Yoga	7 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	8 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	9 12:00pm-12:45pm Kickboxing	10 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba
13 4:00pm-5:00pm Yoga	14 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	15 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	16 12:00pm-12:45pm Kickboxing 	17 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval <u>6:10pm Taste & See</u> 6:15pm-7:00pm Zumba	18 12:00pm-12:45pm Cardio Strength	19 8:00am-8:45am Kickbox Fusion
20 4:00pm-5:00pm Yoga	21 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	22 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	23 12:00pm-12:45pm Kickboxing	24 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	25 12:00pm-12:45pm Cardio Strength	26 8:00am-8:45am Kickbox Fusion
27 4:00pm-5:00pm Yoga	28 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	29 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	30 12:00pm-12:45pm Kickboxing	31 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	 Stormont Vail Health The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	 Trinity Presbyterian Church <i>The Family You Choose</i> 4746 SW 21 st St



Heat Up Topeka

www.flocritkansas.org