



August 2018



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
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	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	9:00am-9:45am Cardio Remix
5	6	7	8	9	10	11
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	9:00am-9:45am Cardio Remix
12	13	14	15	16	17	18
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	9:00am-9:45am Cardio Remix
19	20	21	22	23	24	25
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:10pm Taste & See 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing 12:40pm Taste & See 	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	9:00am-9:45am Cardio Remix
26	27	28	29	30	31	
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	 Trinity Presbyterian Church <i>The Family You Choose</i> 4746 SW 21 st St



Heat Up Topeka

www.flocritkansas.org