



December 2017



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The Family You Choose 4746 SW 21 st St					1 12:00pm-12:45pm Cardio Strength	2 9:00am-9:45am Kickbox Fusion
3 4:00pm-5:00pm Yoga	4 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	5 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	6 12:00pm-12:45pm Kickboxing	7 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	8 12:00pm-12:45pm Cardio Strength	9 9:00am-9:45am Kickbox Fusion
10 4:00pm-5:00pm Yoga	11 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing <u>6:10pm Taste & See</u> 6:15pm-7:00pm Pilates Fusion	12 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	13 12:00pm-12:45pm Kickboxing	14 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	15 12:00pm-12:45pm Cardio Strength	16 9:00am-9:45am Kickbox Fusion
17 4:00pm-5:00pm Yoga	18 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	19 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	20 12:00pm-12:45pm Kickboxing	21 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	22 12:00pm-12:45pm Cardio Strength	23 9:00am-9:45am Kickbox Fusion
24 No Class Christmas Eve	25 Christmas No classes	26 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	27 12:00pm-12:45pm Kickboxing	28 12:00pm-12:45pm Pilates <u>12:40pm Taste & See</u> 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	29 12:00pm-12:45pm Cardio Strength	30 9:00am-9:45am Kickbox Fusion
31 No Class New Year's Eve			 The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	 Taste & See Presentations	Free childcare offered at Tues & Thurs 6:15pm classes.	