



# December 2018



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4746 SW 21 <sup>st</sup> St	<p>Free childcare offered at Tues &amp; Thurs 6:15pm classes.</p>			 The HEAT Up Topeka program is supported by a grant from Stormont Vail Health & FHLBank		1 9:00am-9:45am <b>Cardio Remix</b>
2 4:00pm-5:00pm Yoga	3 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	4 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	5 12:00pm-12:45pm Kickboxing	6 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	7 12:00pm-12:45pm Cardio Strength	8 9:00am-9:45am Cardio Remix <b>Class held downstairs in creation station.</b>
9 4:00pm-5:00pm Yoga	10 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	11 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12 12:00pm-12:45pm Kickboxing	13 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	14 12:00pm-12:45pm Cardio Strength	15 9:00am-9:45am Cardio Remix
16 4:00pm-5:00pm Yoga	17 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	18 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	19 12:00pm-12:45pm Kickboxing  	20 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval <a href="#">6:10pm Taste &amp; See</a> 6:15pm-7:00pm Zumba	21 12:00pm-12:45pm Cardio Strength	22 9:00am-9:45am Cardio Remix
23 4:00pm-5:00pm Yoga	24 <b>Christmas Eve</b>  <b>NO CLASSES</b>	25 <b>Christmas</b>  <b>NO CLASSES</b>	26 12:00pm-12:45pm Kickboxing	27 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	28 12:00pm-12:45pm Cardio Strength	29 9:00am-9:45am Cardio Remix
30 4:00pm-5:00pm Yoga	31 <b>New Year's Eve</b>  <b>NO CLASSES</b>	<b>New Year's Day</b>  <b>NO CLASSES</b>				



Heat Up Topeka

[www.flocritkansas.org](http://www.flocritkansas.org)