



February 2019



Florence Crittenton
Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4746 SW 21 st St	The HEAT Up Topeka program is supported by a grant from Florence Crittenton				1 12:00pm-12:45pm Cardio Strength	2 Groundhog Day 9:00am-9:45am Cardio Remix
3 4:00pm-5:00pm Yoga	4 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 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 Cardio Remix
10 4:00pm-5:00pm Yoga	11 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 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 Valentine's Day 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 Cardio Remix
17 4:00pm-5:00pm Yoga	18 President's Day 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba <u>6:10pm Taste & See</u> 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 <u>12:40pm Taste & See</u> 	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 Cardio Remix
24 4:00pm-5:00pm Yoga	25 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	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 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Free childcare offered at Tues & Thurs 6:15pm classes.</p> </div>	



Heat Up Topeka

www.flocritkansas.org