



January 2018



Florence Crittenton
Believe • Achieve • Empower

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