





# July 2018



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4:00pm-5:00pm Yoga	2 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	3 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	4 Independence Day  NO CLASS	5 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	6 12:00pm-12:45pm Cardio Strength	7 9:00am-9:45am Cardio Remix
8 4:00pm-5:00pm Yoga	9 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	10 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	11 12:00pm-12:45pm Kickboxing	12 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	13 12:00pm-12:45pm Cardio Strength	14 9:00am-9:45am Cardio Remix
15 NO CLASSES SUMMER BREAK	16 NO CLASSES SUMMER BREAK	17 NO CLASSES SUMMER BREAK	18 NO CLASSES SUMMER BREAK	19 NO CLASSES SUMMER BREAK	20 NO CLASSES SUMMER BREAK	21 NO CLASSES SUMMER BREAK
22 4:00pm-5:00pm Yoga	23 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba <u>6:10pm Taste &amp; See</u> 6:15pm-7:00pm Pilates Fusion	24 12:00pm-12:45pm Yoga <u>12:40pm Taste &amp; See</u> 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	25 12:00pm-12:45pm Kickboxing  	26 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	27 12:00pm-12:45pm Cardio Strength  **class will be held downstairs in the creation station room**	28 9:00am-9:45am Cardio Remix
29 4:00pm-5:00pm Yoga	30 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	31 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	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	 4746 SW 21 <sup>st</sup> St



Heat Up Topeka

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