



June 2018



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The Family You Choose 4746 SW 21 st St	 The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	Free childcare offered at Tues & Thurs 6:15pm classes.			1 12:00pm-12:45pm Cardio Strength	2 9:00am-9:45am Cardio Remix
		<i>**Classes in RED will be held outside, weather permitting.</i>				
3 3:00pm-4:00pm 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 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 STRONG by Zumba
17 Father's Day 4:00pm-5:00pm Yoga	18 12:00pm-12:45pm Kickbox Fusion <u>12:40pm Taste & See</u> 5:30pm-6:15pm STRONG by Zumba 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 <u>6:10pm Taste & See</u> 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	29 12:00pm-12:45pm Cardio Strength	30 9:00am-9:45am STRONG by Zumba

*****Classes in GREEN will be canceled if it is raining outside.***



Heat Up Topeka

www.flocritkansas.org