



June 2019



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The HEAT Up Topeka program is supported by a grant from Florence Crittenton & FHLBank	<div style="border: 1px solid black; padding: 5px; color: green;"> Free childcare offered at Tues & Thurs 6:15pm classes. </div>					1 9:00am-9:45am Cardio Remix
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
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 Father's Day 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 12:40pm Taste & See **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 6:10pm Taste & See 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 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	25 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	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	<div style="border: 1px solid black; padding: 5px; color: red;"> **Classes in RED will be held outside, weather permitting** </div>					 4746 SW 21 st St



Heat Up Topeka

www.flocritkansas.org