



March 2018



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The Family You Choose 4746 SW 21 st St	 Stormont Vail Health 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 Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	2 12:00pm-12:45pm Cardio Strength	3 9:00am-9:45am Kickbox Fusion
4 4:00pm-5:00pm Yoga	5 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	6 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	7 12:00pm-12:45pm Kickboxing	8 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	9 12:00pm-12:45pm Cardio Strength	10 9:00am-9:45am Kickbox Fusion
11 4:00pm-5:00pm Yoga	12 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	13 12:00pm-12:45pm Yoga <u>12:40pm Taste & See</u> 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	14 12:00pm-12:45pm Kickboxing	15 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	16 12:00pm-12:45pm Cardio Strength	17 St. Patrick's Day 9:00am-9:45am Kickbox Fusion
18 4:00pm-5:00pm Yoga	19 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	20 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	21 12:00pm-12:45pm Kickboxing 	22 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	23 12:00pm-12:45pm Cardio Strength	24 9:00am-9:45am Kickbox Fusion
25 4:00pm-5:00pm Yoga	26 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	27 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	28 12:00pm-12:45pm Kickboxing	29 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval <u>6:10pm Taste & See</u> 6:15pm-7:00pm Zumba	30 Good Friday 12:00pm-12:45pm Cardio Strength	31 9:00am-9:45am Kickbox Fusion



Heat Up Topeka

www.flocritkansas.org