



# March 2019



Florence Crittenton

*Believe · Achieve · Empower*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Trinity The Family You Choose 4746 SW 21 <sup>st</sup> St	The HEAT Up Topeka program is supported by a grant from Florence Crittenton	<b>Free childcare offered at Tues &amp; Thurs 6:15pm classes.</b>			1 12:00pm-12:45pm Cardio Strength	2 9:00am-9:45am Cardio Remix
3 4:00pm-5:00pm Yoga	4 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	5 Mardi Gras 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	6 12:00pm-12:45p m 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-12:45p m 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 Cardio Remix
17 <b>St. Patrick's Day</b> 4:00pm-5:00pm Yoga	18 12:00pm-12:45pm Kickbox Fusion 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-12:45p m Kickboxing 	21 12:00pm-12:45pm Pilates <i>12:40pm Taste &amp; See</i> 5:30pm-6:15pm Cardio Interval <i>6:10pm Taste &amp; See</i> 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-12:45p m 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 Cardio Remix
31 4:00pm-5:00pm Yoga						



Heat Up Topeka

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