



# March 2020



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 Kickboxing 6:15pm-7:00pm Pilates Fusion	3 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	4 12:00pm-12:45pm Kickboxing	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
15	16	17 St. Patrick's Day	18 	19	20	21
<p><b>All classes have been suspended temporarily to help encourage social distancing as recommended by the KDHE.</b></p>						28
29	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	 <b>BlueCross BlueShield of Kansas Foundation</b> Free childcare offered at Tues & Thurs 6:15pm classes.		 <b>Trinity</b> Presbyterian Church <i>The Family You Choose</i> 4746 SW 21 <sup>st</sup> St The HEAT Up Topeka program is supported by a gift from Florence Crittenton & BCBSKS Foundation	



Heat Up Topeka

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