



# May 2017



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 United Way of Greater Topeka The HEAT Up Topeka program is supported by a grant from United Way of Greater Topeka	1 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	2 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	3 12:00pm-12:45pm Kickboxing	4 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	5 12:00pm-12:45pm Cardio Strength	6 8:00am-8:45am Kickbox Fusion
7 4:00pm-5:00pm Yoga 	8 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing <a href="#">6:10pm Taste &amp; See</a> 6:15pm-7:00pm Pilates Fusion	9 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	10 12:00pm-12:45pm Kickboxing	11 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12 12:00pm-12:45pm Cardio Strength	13 8:00am-8:45am Kickbox Fusion
14 <b>Mother's Day</b> 4:00pm-5:00pm Yoga	15 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	16 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	17 12:00pm-12:45pm Kickboxing	18 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	19 12:00pm-12:45pm Cardio Strength	20 8:00am-8:45am Kickbox Fusion
21 4:00pm-5:00pm Yoga	22 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	23 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	24 12:00pm-12:45pm Kickboxing	25 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	26 12:00pm-12:45pm Cardio Strength	27 8:00am-8:45am Kickbox Fusion
28 4:00pm-5:00pm Yoga	29 <b>Memorial Day</b>  <b>NO CLASSES</b>	30 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	31 12:00pm-12:45pm Kickboxing	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Free childcare offered at Tues &amp; Thurs 6:15pm classes.</b> </div>		 Trinity Presbyterian Church <i>The Family You Choose</i>  4746 SW 21 <sup>st</sup> St