





May 2018



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Free childcare offered at Tues & Thurs 6:15pm classes.		1 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	2 12:00pm-12:45pm Kickboxing	3 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	4 12:00pm-12:45pm Cardio Strength	5 9:00am-9:45am Cardio Remix
6 4:00pm-5:00pm Yoga	7 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	8 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	9 12:00pm-12:45pm Kickboxing	10 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	11 12:00pm-12:45pm Cardio Strength	12 9:00am-9:45am Cardio Remix
13 Mother's Day 4:00pm-5:00pm Yoga	14 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	15 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba <u>6:10pm Taste & See</u> 6:15pm-7:00pm Cardio Interval	16 12:00pm-12:45pm Kickboxing 	17 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	18 12:00pm-12:45pm Cardio Strength <u>12:40pm Taste & See</u>	19 9:00am-9:45am Cardio Remix
20 4:00pm-5:00pm Yoga	21 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	22 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	23 12:00pm-12:45pm Kickboxing	24 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	25 12:00pm-12:45pm Cardio Strength	26 9:00am-9:45am Cardio Remix
27 4:00pm-5:00pm Yoga	28 Memorial Day NO CLASSES	29 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	30 12:00pm-12:45pm Kickboxing	31 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	 Stormont Vail Health The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	 The Family You Choose 4746 SW 21 st St



Heat Up Topeka

www.flocritkansas.org