



# May 2019



Florence Crittenton

Believe · Achieve · Empower

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



Heat Up Topeka

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