



# October 2018



Florence Crittenton  
Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Trinity Presbyterian Church <i>The Family You Choose</i> 4746 SW 21 <sup>st</sup> St	1 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 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 9:00am-9:45am Cardio Remix
7 4:00pm-5:00pm Yoga	8 <b>Columbus Day</b> 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 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 9:00am-9:45am Cardio Remix
14 4:00pm-5:00pm Yoga	15 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 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 9:00am-9:45am Cardio Remix
21 4:00pm-5:00pm Yoga	22 12:00pm-12:45pm Kickbox Fusion <u>12:40pm Taste &amp; See</u> 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	23 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba <u>6:10pm Taste &amp; See</u> 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 9:00am-9:45am Cardio Remix
28 Trinity's Truck or Treat 4-6pm 6:00pm-7:00pm Yoga – Creation Station downstairs	29 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	30 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	31 Halloween 12:00pm-12:45pm Kickboxing	<div style="border: 1px solid black; padding: 5px; text-align: center;">             Free childcare offered at Tues &amp; Thurs 6:15pm classes.           </div>		  The HEAT Up Topeka program is supported by a grant from Stormont Vail Health & FHLBank



Heat Up Topeka

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