



September 2018



Florence Crittenton
Believe • Achieve • Empower

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



Heat Up Topeka

www.flocritkansas.org