






September 2019



Florence Crittenton
Believe • Achieve • Empower

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



Heat Up Topeka

www.flocritkansas.org

