



# February 2024



Florence Crittenton

*Believe · Achieve · Empower*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Florence Crittenton <i>Believe · Achieve · Empower</i>  The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.	5423 SW 7 <sup>th</sup> St			1 12:15pm Pilates + CIRCL Mobility™  5:30pm Zumba®	2 Groundhog Day  12:00pm POUND	3
4 4:00pm Yoga	5 12:00pm Cardio Remix  5:30pm STRONG™	6 12:15pm Restorative Yoga  5:30pm Zumba®	7 5:30pm Cardio Kickboxing	8 12:15pm Pilates + CIRCL Mobility™  5:30pm Zumba®	9 12:00pm POUND	10
 11 4:00pm Yoga	12 12:00pm Cardio Remix  5:30pm STRONG™	13 12:15pm Restorative Yoga  5:30pm Zumba®	14 Valentine's Day  5:30pm Cardio Sculpt	15 12:15pm Pilates + CIRCL Mobility™  5:30pm Zumba®	16 12:00pm POUND	17 10:00am Group Centergy® Pop-Up Class with Jewel
18 4:00pm Yoga	19 President's Day  12:00pm Cardio Remix  5:30pm STRONG™	20 12:15pm Restorative Yoga  5:30pm Zumba®	21 5:30pm Cardio Sculpt	22 12:15pm Pilates + CIRCL Mobility™  5:30pm Zumba®	23 12:00pm POUND	24
25 4:00pm Yoga	26 12:00pm Cardio Remix  5:30pm STRONG™ with Kristen	27 12:15pm Restorative Yoga  5:30pm Zumba®	28 5:30pm Cardio Sculpt	29 12:15pm Pilates + CIRCL Mobility™  5:30pm Zumba®		



Heat Up Topeka

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