




# October 2024



Florence Crittenton

*Believe · Achieve · Empower*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.	Florence Crittenton <i>Believe · Achieve · Empower</i>  <b>5423 SW 7<sup>th</sup> St</b>	1 12:15pm Restorative Yoga 5:30pm Zumba®	2 5:30pm Cardio Sculpt/kickboxing	3 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	4 12:00pm POUND®	5
6 4:00pm Yoga	7 12:00pm Cardio Remix 5:30pm STRONG™ w/Kristen	8 12:15pm Restorative Yoga 5:30pm Zumba®	9 5:30pm Cardio Sculpt	10 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	11 12:00pm POUND®	12
13 4:00pm Yoga	14 <b>Columbus Day</b> 12:00pm Cardio Remix 5:30pm STRONG™	15 12:15pm Restorative Yoga 5:30pm Zumba®	16 5:30pm Cardio Sculpt	17 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	18 12:00pm POUND®	19
20 4:00pm Yoga	21 12:00pm Cardio Remix 5:30pm STRONG™	22 12:15pm Restorative Yoga 5:30pm Zumba®	23 5:30pm Cardio Sculpt	24 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	25 12:00pm POUND®	26
27 4:00pm Yoga	28 12:00pm Cardio Remix 5:30pm STRONG™	29 12:15pm Restorative Yoga 5:30pm Zumba®	30 5:30pm Cardio Sculpt	31 <b>Halloween</b> 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®		



Heat Up Topeka

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