




April 2025



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:15pm Pilates w/Lisa 5:30pm Zumba®	2 5:30pm Cardio 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 Barre Fusion	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 12:00pm Cardio Remix 5:30pm Barre Fusion	15 12:15pm Restorative Yoga 5:30pm Zumba®	16 5:30pm Cardio Sculpt	17 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	18 Good Friday 12:00pm POUND®	19
20 Easter NO CLASS	21 12:00pm Cardio Remix 5:30pm Barre Fusion w/Sara P	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 STRONG® & CIRCL Mobility™ w/Kristen	26
27 4:00pm Yoga	28 12:00pm Cardio Remix 5:30pm Barre Fusion	29 12:15pm Restorative Yoga 5:30pm Zumba®	30 5:30pm Cardio Sculpt		 Florence Crittenton <i>Believe · Achieve · Empower</i> 5423 SW 7 th St The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.	



Heat Up Topeka

www.flocritkansas.org