





# January 2019



Florence Crittenton  
Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4746 SW 21 <sup>st</sup> St	The HEAT Up Topeka program is supported by a grant from Florence Crittenton	1 <b>New Year's Day</b>  <b>NO CLASSES</b>	2 12:00pm-12:45pm Kickboxing	3 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	4 12:00pm-12:45pm Cardio Strength	5 9:00am-9:45am Cardio Remix
6 4:00pm-5:00pm Yoga	7 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	8 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	9 12:00pm-12:45pm Kickboxing	10 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	11 12:00pm-12:45pm Cardio Strength	12 9:00am-9:45am Cardio Remix
13 4:00pm-5:00pm Yoga	14 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	15 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	16 12:00pm-12:45pm Kickboxing	17 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	18 12:00pm-12:45pm Cardio Strength	19 9:00am-9:45am Cardio Remix
20 4:00pm-5:00pm Yoga	21 Martin Luther King Day 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	22 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	23 12:00pm-12:45pm Kickboxing   Taste and See dates TBD	24 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	25 12:00pm-12:45pm Cardio Strength	26 9:00am-9:45am Cardio Remix
27 4:00pm-5:00pm Yoga	28 12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm STRONG by Zumba 6:15pm-7:00pm Pilates Fusion	29 12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	30 12:00pm-12:45pm Kickboxing	31 12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Free childcare offered at Tues &amp; Thurs 6:15pm classes.</p> </div>	



Heat Up Topeka

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