



June 2017



Florence Crittenton

Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Free childcare offered at Tues & Thurs 6:15pm classes.			<p>The HEAT Up Topeka program is supported by a grant from United Way of Greater Topeka</p>	1	2	3
<p>**Classes in RED will be held outside, weather permitting...</p>				12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	8:00am-8:45am Kickbox Fusion
4	5	6	7	8	9	10
4:00pm-5:00pm Yoga 	12:00pm-12:45pm Kickbox Fusion <u>12:40pm Taste & See</u> 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Cardio Strength	8:00am-8:45am Kickbox Fusion
11	12	13	14	15	16	17
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	8:00am-8:45am Kickbox Fusion
18	19	20	21	22	23	24
Father's Day 4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	8:00am-8:45am Kickbox Fusion
25	26	27	28	29	30	
4:00pm-5:00pm Yoga	12:00pm-12:45pm Kickbox Fusion 5:30pm-6:15pm Kickboxing 6:15pm-7:00pm Pilates Fusion	12:00pm-12:45pm Yoga 5:30pm-6:15pm Zumba 6:15pm-7:00pm Cardio Interval	12:00pm-12:45pm Kickboxing	12:00pm-12:45pm Pilates 5:30pm-6:15pm Cardio Interval 6:15pm-7:00pm Zumba	12:00pm-12:45pm Cardio Strength	<p>The Family You Choose 4746 SW 21st St</p>

****Classes in GREEN will be canceled if it is raining outside..**



Heat Up Topeka

www.flocritkansas.org