



# September 2017



Florence Crittenton

*Believe · Achieve · Empower*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Free childcare offered at Tues & Thurs 6:15pm classes.		Stormont Vail Health The HEAT Up Topeka program is supported by a grant from Stormont Vail Health	Trinity Presbyterian Church <i>The Family You Choose</i> 4746 SW 21 <sup>st</sup> St		1 12:00pm-12:45pm <b>Cardio Strength</b>	2 9:00am-9:45am <b>Kickbox Fusion</b>
3 4:00pm-5:00pm <b>Yoga</b>	4 <b>Labor Day</b>  <b>NO CLASSES</b>	5 12:00pm-12:45pm <b>Yoga</b> 5:30pm-6:15pm <b>Zumba</b> 6:15pm-7:00pm <b>Cardio Interval</b>	6 12:00pm-12:45pm <b>Kickboxing</b>	7 12:00pm-12:45pm <b>Pilates</b> 5:30pm-6:15pm <b>Cardio Interval</b> 6:15pm-7:00pm <b>Zumba</b>	8 12:00pm-12:45pm <b>Cardio Strength</b>	9 9:00am-9:45am <b>Kickbox Fusion</b>
10 4:00pm-5:00pm <b>Yoga</b>	11 12:00pm-12:45pm <b>Kickbox Fusion</b> 5:30pm-6:15pm <b>Kickboxing</b> 6:15pm-7:00pm <b>Pilates Fusion</b>	12 12:00pm-12:45pm <b>Yoga</b> 5:30pm-6:15pm <b>Zumba</b> 6:15pm-7:00pm <b>Cardio Interval</b>	13 12:00pm-12:45pm <b>Kickboxing</b>	14 12:00pm-12:45pm <b>Pilates</b> 5:30pm-6:15pm <b>Cardio Interval</b> 6:15pm-7:00pm <b>Zumba</b>	15 12:00pm-12:45pm <b>Cardio Strength</b>	16 9:00am-9:45am <b>Kickbox Fusion</b>
17 4:00pm-5:00pm <b>Yoga</b>	18 12:00pm-12:45pm <b>Kickbox Fusion</b> 5:30pm-6:15pm <b>Kickboxing</b> 6:15pm-7:00pm <b>Pilates Fusion</b>	19 12:00pm-12:45pm <b>Yoga</b> 5:30pm-6:15pm <b>Zumba</b> 6:15pm-7:00pm <b>Cardio Interval</b>	20 12:00pm-12:45pm <b>Kickboxing</b>	21 12:00pm-12:45pm <b>Pilates</b> 5:30pm-6:15pm <b>Cardio Interval</b> 6:15pm-7:00pm <b>Zumba</b>	22 12:00pm-12:45pm <b>Cardio Strength</b>	23 9:00am-9:45am <b>Kickbox Fusion</b>
24 4:00pm-5:00pm <b>Yoga</b>	25 12:00pm-12:45pm <b>Kickbox Fusion</b> 5:30pm-6:15pm <b>Kickboxing</b> <u>6:10pm Taste &amp; See</u> 6:15pm-7:00pm <b>Pilates Fusion</b>	26 12:00pm-12:45pm <b>Yoga</b> <u>12:40pm Taste &amp; See</u> 5:30pm-6:15pm <b>Zumba</b> 6:15pm-7:00pm <b>Cardio Interval</b>	27 12:00pm-12:45pm <b>Kickboxing</b>  	28 12:00pm-12:45pm <b>Pilates</b> 5:30pm-6:15pm <b>Cardio Interval</b> 6:15pm-7:00pm <b>Zumba</b>	29 12:00pm-12:45pm <b>Cardio Strength</b>	30 9:00am-9:45am <b>Kickbox Fusion</b>