



November 2021



Florence Crittenton

Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:00pm Cardio Remix 5:30pm STRONG™	2 12:15pm Restorative Yoga 5:30pm Zumba®	3 5:30pm Cardio Sculpt	4 12:15pm Pilates 5:30pm Zumba®	5 12:00pm Total Body Tone	6
7 4:00pm Yoga	8 12:00pm Cardio Remix 5:30pm STRONG™	9 12:15pm Restorative Yoga 5:30pm Zumba®	10 5:30pm Cardio Sculpt	11 <i>Veterans Day</i> 12:15pm Pilates 5:30pm Zumba®	12 12:00pm Total Body Tone	13
14 4:00pm Yoga	15 12:00pm Cardio Remix 5:30pm STRONG™	16 12:15pm Restorative Yoga 5:30pm Zumba®	17 5:30pm Cardio Sculpt	18 12:15pm Pilates 5:30pm Zumba®	19 12:00pm Total Body Tone	20
21 4:00pm Yoga	22 12:00pm Cardio Remix 5:30pm STRONG™	23 12:15pm Restorative Yoga 5:30pm Zumba®	24 5:30pm Cardio Sculpt	25 Thanksgiving Day No Classes	26 No Class	27
28 4:00pm Yoga	29 12:00pm Cardio Remix 5:30pm STRONG™	30 12:15pm Restorative Yoga 5:30pm Zumba®			 <p>Florence Crittenton <i>Believe · Achieve · Empower</i></p> <p>The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.</p> <p>5423 SW 7th St</p>	



Heat Up Topeka

www.flocritkansas.org