



January 2022



Florence Crittenton
Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2 4:00pm Yoga	3 12:00pm Cardio Remix 5:30pm STRONG™	4 12:15pm Restorative Yoga 5:30pm Zumba®	5 5:30pm Cardio Sculpt	6 12:15pm Pilates 5:30pm Zumba®	7 12:00pm POUND®	8
9 4:00pm Yoga	10 12:00pm Cardio Remix 5:30pm STRONG™	11 12:15pm Restorative Yoga 5:30pm Zumba®	12 5:30pm Cardio Sculpt	13 12:00pm Pilates 5:30pm POUND®	14 12:00pm POUND®	15
16 4:00pm Yoga	17 Martin Luther King Day 12:00pm Cardio Remix 5:30pm STRONG™	18 12:15pm Restorative Yoga 5:30pm Zumba®	19 5:30pm Cardio Sculpt	20 12:15pm Pilates 5:30pm Zumba®	21 12:00pm POUND®	22
23 4:00pm Yoga	24 12:00pm Cardio Remix 5:30pm STRONG™	25 12:15pm Restorative Yoga 5:30pm Zumba®	26 5:30pm Cardio Sculpt	27 12:15pm Pilates 5:30pm Zumba®	28 12:00pm POUND®	29
30 4:00pm Yoga	31 12:00pm Cardio Remix 5:30pm STRONG™	12:15pm Restorative Yoga 5:30pm Zumba®			 Florence Crittenton Believe • Achieve • Empower 5423 SW 7 th St	The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton.