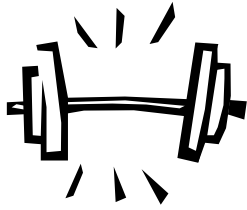


April 2009

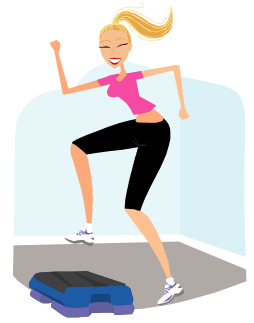




Crocker Christian Church

162100 Highway 17 – P O Box 98

Crocker, MO 65452

573-736-5121



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15 AM Aerobic Interval Step Class w/ Rebecca	2 6:30 PM Boot Camp w/ Elisa	3 Family Basketball Night 6:30 PM	4
5	6 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing	7 6:30 PM Kickboxing	8 8:15 AM Aerobic Interval Step Class w/ Rebecca	9 6:30 PM Circuit Class	10	11  Kids For Christ Easter Party 2:00 PM
12  Easter! Sunrise Service 6:30 w/ breakfast following.	13 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing	14 6:30 PM Circuit Class	15 8:15 AM Aerobic Interval Step Class w/ Rebecca	16 6:30 PM Interval Class	17 Scrapbook Night in Multi-Purpose room @ 6:00 PM	18 Wellness Walk 7:00 AM Meet at the Crocker City Park, we will leave at 7:00 AM sharp.
19	20 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing	21 6:30 PM Interval Class	22 8:15 AM Aerobic Interval Step Class w/ Rebecca	23 6:30 PM Kickboxing	24 Family Basketball Night 6:30 PM	25
26 REVIVAL Sunday – Wednesday Evening @ 7:00 PM	27 8:15 AM Circuit training w/ Rebecca NO EVENING CLASSES! REVIVAL 7:00 PM	28 NO EVENING CLASSES! REVIVAL 7:00 PM	29 8:15 AM Aerobic Interval Step Class w/ Rebecca REVIVAL 7:00 PM	30 6:30 PM Circuit Class		

Women's Wellness Class...All Women are welcome to attend! Classes are free! You should bring a mat, weights and resistance bands to each class. You will need a stability ball and/or steps to certain classes...see above schedule. Schedule is subject to change.

Unfortunately, we can no longer offer childcare during our Women's Wellness Classes.