



# August 2009

Crocker Christian Church  
 162100 Highway 17 – P O Box 98  
 Crocker, MO 65452  
 573-736-5121



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b><u>NOTE: No Morning Classes until further notice!</u></b>					<b>1</b> <b>7:00 AM</b> Church Walk (meet at City Park)
<b>2</b>	<b>3</b>  6:30 PM Boot Camp w/ Elisa	<b>4</b>  5:00 PM Kickboxing w/ Kandis	<b>5</b>	<b>6</b>  5:00 PM Kickboxing w/ Kandis	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>  6:30 PM Interval Class w/ Elisa	<b>11</b>  5:00 PM Circuit Class w/ Kandis	<b>12</b> KFC Back to School Bash @ Camp!	<b>13</b> Open House @ School  <b><u>NO EVENING CLASS!</u></b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>  6:30 PM Circuit Class w/ Elisa	<b>18</b> Back to School!  5:00 PM Kickboxing w/ Kandis	<b>19</b>	<b>20</b>  5:00 PM Interval Class w/ Kandis	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>  6:30 PM Kickboxing w/ Kandis	<b>25</b>  5:00 PM Stability Ball Class w/ Kandis	<b>26</b>	<b>27</b>  5:00 PM Kickboxing w/ Kandis	<b>28</b>	<b>29</b> <b>5:00 PM</b> Scrapbook in Multi-Purpose Room
<b>30</b>	<b>31</b>  6:30 PM Kickboxing w/ Kandis		<b><u>NOTE: No Morning Classes until further notice!</u></b>			

**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.