



February 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 | 2 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing w/ Elisa | 3 6:30 PM Boot Camp w/ Elisa | 4 8:15 AM Aerobic Interval Step Class w/ Rebecca | 5 6:30 PM Circuit Class w/ Kandis | 6 | 7 |
| 8 | 9 8:15 AM Circuit training w/ Rebecca 6:30 PM Circuit Class w/ Rebecca | 10 6:30 PM Interval Class w/ Elisa | 11 8:15 AM Aerobic Interval Step Class w/ Rebecca | 12 6:30 PM Kickboxing w/ Kandis | 13 | 14 |
| 15 | 16 8:15 AM Circuit training w/ Rebecca 6:30 PM Interval Class w/ Elisa | 17 6:30 PM Circuit Class w/ Elisa | 18 8:15 AM Aerobic Interval Step Class w/ Rebecca | 19 6:30 PM Kickboxing w/ Kandis | 20 | 21 |
| 22 | 23 8:15 AM Circuit training w/ Rebecca 6:30 PM Stability Ball Class w/ Kandis | 24 6:30 PM Kickboxing w/ Elisa | 25 8:15 AM Aerobic Interval Step Class w/ Rebecca | 26 6:30 PM Step Class w/ Rebecca | 27 | 28 |

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. Listen to KJPW 97.9 for cancellations and make sure to check your email, if you have provided it.