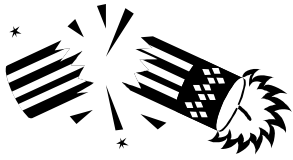
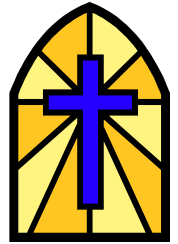


July 2009



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 9:30 AM Aerobic Interval Step Class w/ Rebecca 5:00 PM Kickboxing w/ Kandis	3	4 Happy 4th of July!!!! 11:00 Church Picnic @ Camp
5 VBS All Week! No morning classes!!	6 VBS 9:00-11:30 6:30 PM Boot Camp w/ Elisa	7 VBS 9:00-11:30 5:00 PM Kickboxing w/ Kandis	8 VBS 9:00-11:30	9 VBS 9:00-11:30 5:00 PM Kickboxing w/ Kandis	10 VBS 9:00-11:30	11
12 VBS Program @ 6:00 PM.	13 6:30 PM Interval Class w/ Elisa	14 9:30 AM Circuit training w/ Rebecca 1:00-6:00 Blood Drive <u>NO EVENING CLASS!</u>	15	16 9:30 AM Aerobic Interval Step Class w/ Rebecca 5:00 PM Interval Class w/ Amanda	17	18 5:00 PM Scrapbook in Multi-Purpose Room
19	20 6:30 PM Circuit Class w/ Elisa	21 9:30 AM Circuit training w/ Rebecca 5:00 PM Kickboxing w/ Kandis	22	23 9:30 AM Aerobic Interval Step Class w/ Rebecca 5:00 PM Interval Class w/ Kandis	24	25
26	27 6:30 PM Kickboxing w/ Elisa	28 9:30 AM Circuit training w/ Rebecca 5:00 PM Stability Ball Class w/ Kandis	29	30 9:30 AM Aerobic Interval Step Class w/ Rebecca 5:00 PM Kickboxing w/ Kandis	31	1 7:00 AM Church Walk (meet at City Park)

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.