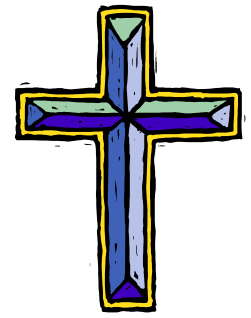




MARCH 2009



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/ Kandis	3 6:30 PM Interval Class w/ Elisa	4 8:15 AM Aerobic Interval Step Class w/ Rebecca	5 6:30 PM Boot Camp w/ Elisa	6	7
8	9 8:15 AM Circuit training w/ Rebecca 6:30 PM Interval Class w/ Kandis	10 6:30 PM Kickboxing w/ Elisa	11 8:15 AM Aerobic Interval Step Class w/ Rebecca	12 6:30 PM Circuit Class w/ Elisa	13	14
15	16 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing w/ Kandis	17 Band Concert 7:00 6:30 PM Circuit Class w/ Jan/Amanda	18 8:15 AM Aerobic Interval Step Class w/ Rebecca	19 6:30 PM Interval Class w/ Elisa	20 Scrapbook Night in Multi-purpose room @ 6:00 PM	21
22	23 8:15 AM Circuit training w/ Rebecca 6:30 PM ??? Class w/ Kandis	24 6:30 PM Aerobic Interval w/ Rebecca	25 8:15 AM Aerobic Interval Step Class w/ Rebecca	26 6:30 PM Kickboxing w/ Elisa	27	28
29	30 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing w/ Kandis	31 6:30 PM Stability Ball Class w/ Kandis				

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.