



November 2008



Crocker Christian Church
 16200 Highway 17 – P O Box 98
 Crocker, MO 65452
 573-736-5121

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 8:15 AM Circuit training w/ Rebecca 6:30 PM Boot Camp w/ Elisa	4 6:30 PM Kickboxing w/ Kandis	5 8:15 AM Aerobic Interval Step class w/ Rebecca	6 6:30 PM Circuit Class w/ Kandis	7 NO CLASS!	8
9	10 8:15 AM Circuit training w/ Rebecca 6:30 PM Interval Class w/ Elisa	11 6:30 PM Step Class w/ Rebecca	12 8:15 AM Aerobic Interval Step class w/ Rebecca	13 6:30 PM Kickboxing w/ Kandis	14 NO CLASS!	15
16	17 8:15 AM Circuit training w/ Rebecca 6:30 PM Circuit Class w/ Elisa	18 6:30 PM Interval Class w/ Elisa	19 8:15 AM Aerobic Interval Step class w/ Rebecca	20 6:30 PM Kickboxing w/ Kandis	21 NO CLASS!	22 Thanksgiving Dinner 6:00 PM
23	24 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing w/ Elisa	25 6:30 PM Boot Camp w/ Elisa	26 8:15 AM Aerobic Interval Step class w/ Rebecca	27 Thanksgiving NO CLASSES	28 NO Morning class!	29
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All Women are welcome to attend! You should bring a mat, weights and resistance bands to each class. You will need to bring a stability ball and/or steps to certain classes...see above schedule. Schedule is subject to change.