



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

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.