



January 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 HAPPY NEW YEAR!	2 NO CLASSES!	3 Our "1" Year anniversary for Women's Wellness Class!
4	5 8:15 AM Circuit training w/ Rebecca 6:30 PM Kickboxing w/ Elisa	6 6:30 PM Boot Camp w/ Elisa	7 8:15 AM Aerobic Interval Step Class w/ Rebecca	8 6:30 PM Circuit Class w/ Kandis	9	10
11	12 8:15 AM Circuit training w/ Rebecca 6:30 PM Circuit Class w/ Rebecca	13 6:30 PM Interval Class w/ Elisa	14 8:15 AM Aerobic Interval Step Class w/ Rebecca	15 6:30 PM Kickboxing w/ Kandis	16	17
18	19 8:15 AM Circuit training w/ Rebecca 6:30 PM Interval Class w/ Elisa	20 6:30 PM Circuit Class w/ Elisa	21 8:15 AM Aerobic Interval Step Class w/ Rebecca	22 6:30 PM Kickboxing w/ Kandis	23	24
25	26 8:15 AM Circuit training w/ Rebecca 6:30 PM Stability Ball Class w/ Kandis	27 6:30 PM Kickboxing w/ Elisa	28 8:15 AM Aerobic Interval Step Class w/ Rebecca	29 6:30 PM Step Class w/ Rebecca	30	31

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