



# OCTOBER 2008



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				6:30 PM Circuit Class w/ Rebecca	8:15 AM Meet at City Park w/ Rebecca	
5	6	7	8	9	10	11
8:15 AM Circuit training w/ Rebecca  6:30 PM Boot Camp w/ Elisa		6:30 PM Kickboxing w/ Kandis	8:15 AM Aerobic Interval Step class w/ Rebecca	6:30 PM Aerobic Interval w/ Rebecca	8:15 AM Meet at City Park w/ Rebecca	
12	13	14	15	16	17	18
8:15 AM Circuit training w/ Rebecca  6:30 PM Interval Class w/ Elisa		6:30 PM Circuit Class w/ Kandis	8:15 AM Aerobic Interval Step class w/ Rebecca	6:30 PM Step Class w/ Rebecca	8:15 AM Meet at City Park w/ Rebecca  6:00 PM Scrapbook night	2:00 PM Church Wide Walk @ Peterson's Farm
19	20	21	22	23	24	25
8:15 AM Circuit training w/ Rebecca  6:30 PM Circuit Class w/ Elisa		6:30 PM Kickboxing w/ Kandis	8:15 AM Aerobic Interval Step class w/ Rebecca	6:30 PM Interval Class w/ Kandis	8:15 AM Meet at City Park w/ Rebecca	
26	27	28	29	30	31	
8:15 AM Circuit training w/ Rebecca  6:30 PM Kickboxing w/ Elisa		6:30 PM Boot Camp w/ Kandis	8:15 AM Aerobic Interval Step class w/ Rebecca	6:30 PM Circuit Class w/ Kandis	8:15 AM Meet at City Park w/ Rebecca	

**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.