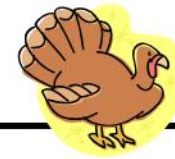






Quail Creek Fitness in Paradise



November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend: LMPR—Large Multi-Purpose Room QCFR—Quail Creek Fitness Room QCMPR—Quail Creek Multi-Purpose Room</p>				<p>1 10:00am Circuit Training QCFR-Gloria 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>2 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Gloria 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>3 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating Instructors</p>
<p>4 Daylight Saving Time Ends </p>	<p>5 10:15am Specialty Tai Chi QCFR-Gloria 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>6 Election Day 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Ida 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>7 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Gloria 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>8 10:00am Circuit Training QCFR-Gloria 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>9 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Gloria 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>10 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating Instructors</p>
<p>11 Veterans Day </p>	<p>12 Veterans Day Observance No Fitness Classes Today</p>	<p>13 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Ida 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>14 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Gloria 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>15 10:00am Circuit Training QCFR-Gloria 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>16 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Gloria 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>17 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating Instructors</p>
<p>18 <i>Give Thanks</i> </p>	<p>19 10:15am Specialty Tai Chi QCFR-Gloria 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>20 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Ida 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>21 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Gloria 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>22 Thanksgiving Day  No Fitness Classes Today</p>	<p>23 No Fitness Classes Today</p>	<p>24 No Fitness Classes Today</p>
<p>25</p>	<p>26 10:15am Specialty Tai Chi QCFR-Gloria 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>27 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Ida 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>28 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Gloria 11:15am Strengthen Your Core QCFR-Gloria</p>	<p>29 10:00am Circuit Training QCFR-Gloria 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>30 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Gloria 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Gloria</p>	