Quail Creek Fitness in Paradise — January 2008

Room Location Legend:

LMPR—Large Multi-Purpose Room
QCFR—Quail Creek Fitness Room
QCMPR—Quail Creek Multi-Purpose Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **New Year's Day** **No Fitness** ***Classes Today***	***2*** 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***3*** 10:00am Circuit Training QCFR-Glora 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance **Cancelled**	***4*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***5*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating Instructors***
6	***7*** 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Glora	***8*** 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	***9*** 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***10*** 10:00am Circuit Training QCFR-Glora 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline	***11*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***12*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating Instructors***
13	***14*** 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Glora	***15*** 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	***16*** 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***17*** 10:00am Circuit Training QCFR-Glora 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline	***18*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***19*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating Instructors***
20	***21*** **Martin Luther King Day** 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Glora	***22*** 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	***23*** 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***24*** 10:00am Circuit Training QCFR-Glora 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline	***25*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***26*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating Instructors***
27	***28*** 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core QCFR-Glora	***29*** 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	***30*** 9:00am Balance & Bands QCFR-Ida 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***31*** 10:00am Circuit Training QCFR-Glora 10:15am Water Aerobics Pool-Kristen 11:15am Water Arthritis Pool-Kristen 1:30pm Ballroom Dance QCFR-Angeline		