






# Quail Creek Fitness in Paradise

# March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Room Location Legend:</b> <b>LMPR</b> —Large Multi-Purpose Room <b>QCFR</b> —Quail Creek Fitness Room <b>QCMPR</b> —Quail Creek Multi-Purpose Room						<i>J</i> 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating Instructors</i>
<i>2</i>	<i>3</i> <b>9:15am Fall Prevention QCFR-Ida</b> 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	<i>4</i> 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Jan 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline	<i>5</i> 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	<i>6</i> 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Jan 1:30pm Ballroom Dance QCFR-Angeline	<i>7</i> <b>9:15am Fall Prevention QCFR-Ida</b> 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	<i>8</i> 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating Instructors</i>
<i>9</i> <b>Daylight Saving Time Begins</b> 	<i>10</i> <b>9:15am Fall Prevention QCFR-Ida</b> 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	<i>11</i> 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Jan 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline	<i>12</i> 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	<i>13</i> 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Jan 1:30pm Ballroom Dance QCFR-Angeline	<i>14</i> <b>9:15am Fall Prevention QCFR-Ida</b> 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	<i>15</i> 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating Instructors</i>
<i>16</i>	<i>17</i> <b>St. Patrick's Day</b> <b>9:15am Fall Prevention QCFR-Ida</b> 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	<i>18</i> 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Jan 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline	<i>19</i> 10:00am Wellness Seminar: Joint Replacement LMPR 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	<i>20</i> 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Jan 1:30pm Ballroom Dance QCFR-Angeline	<i>21</i> <b>9:15am Fall Prevention QCFR-Ida</b> 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	<i>22</i> 10:15am Water Aerobics <b>Cancelled</b> 11:15 am Water Arthritis <b>Cancelled</b> <i>Rotating Instructors</i>
<i>23</i> <b>Easter</b> 	<i>24 &amp; 25</i> <b>9:15am Fall Prevention QCFR-Ida</b> 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	<i>26</i> 9:00am Range of Motion QCFR-Ida 10:00am Water Aerobics Pool-Jan 11:15am Water Arthritis Pool-Syd 1:30pm Ballroom Dance QCFR-Angeline	<i>27</i> 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	<i>28</i> 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Jan 1:30pm Ballroom Dance QCFR-Angeline	<i>29</i> <b>9:15am Fall Prevention QCFR-Ida</b> 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	<i>30</i> 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating Instructors</i>