




Quail Creek Fitness in Paradise

May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend:</p> <p>LMPR—Large Multi-Purpose Room</p> <p>QCA&C—Quail Creek Arts & Crafts Room</p> <p>QCFR—Quail Creek Fitness Room</p> <p>QCMPR—Quail Creek Multi-Purpose Room</p>				<p>1</p> <p>10:00am Circuit Training QCFR-Glora</p> <p>11:15am Water Arthritis Pool-Jan</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>2</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit QCMPR-Ida</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>3</p> <p>10:15am Water Aerobics Pool</p> <p>11:15 am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark <i>Rotating Instructors</i></p>
<p>4</p>	<p>5</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Specialty Tai Chi QCFR-Glora</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Jan</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>6</p> <p>9:00am Range of Motion QCMPR-Ida</p> <p>10:00am Water Aerobics Pool-Jan</p> <p>11:15am Water Arthritis Pool-Syd</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>7</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>8</p> <p>10:00am Circuit Training QCFR-Glora</p> <p>11:15am Water Arthritis Pool-Jan</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>9</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Stretch & Tone QCA&C-Ida</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit QCA&C-Ida</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>10</p> <p>10:15am Water Aerobics Pool</p> <p>11:15 am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark <i>Rotating Instructors</i></p>
<p>11 Mother's Day</p> 	<p>12</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Specialty Tai Chi Cancelled</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Jan</p> <p>11:15am Strengthen Your Core Cancelled</p>	<p>13</p> <p>9:00am Range of Motion QCMPR-Ida</p> <p>10:00am Water Aerobics Pool-Jan</p> <p>11:15am Water Arthritis Pool-Syd</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>14</p> <p>10:15am Water Aerobics Pool-Stephanie</p> <p>11:15am Strengthen Your Core Cancelled</p>	<p>15</p> <p>10:00am Circuit Training Cancelled</p> <p>11:15am Water Arthritis Pool-Jan</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>16</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Stephanie</p> <p>11:00am NeuroFit QCMPR-Ida</p> <p>11:15am Strengthen Your Core Cancelled</p>	<p>17 Armed Forces Day</p> <p>10:15am Water Aerobics Pool</p> <p>11:15 am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark <i>Rotating Instructors</i></p>
<p>18</p>	<p>19</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Specialty Tai Chi QCFR-Glora</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Jan</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>20</p> <p>9:00am Range of Motion QCMPR-Ida</p> <p>10:00am Water Aerobics Pool-Jan</p> <p>11:15am Water Arthritis Pool-Syd</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>21</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am Wellness Seminar American Cancer Society LMPR</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>22</p> <p>10:00am Circuit Training QCFR-Glora</p> <p>11:15am Water Arthritis Pool-Jan</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>23</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit QCMPR-Ida</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>24</p> <p>Holiday Weekend No Fitness Classes scheduled for today</p>
<p>25</p>	<p>26 Memorial Day</p>  <p>No Fitness Classes scheduled for today</p>	<p>27</p> <p>9:00am Range of Motion QCMPR-Ida</p> <p>10:00am Water Aerobics Pool-Jan</p> <p>11:15am Water Arthritis Pool-Syd</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>28</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p>29</p> <p>10:00am Circuit Training QCFR-Glora</p> <p>11:15am Water Arthritis Pool-Jan</p> <p>1:30pm Ballroom Dance QCFR-Angeline</p>	<p>30</p> <p>9:15am Fall Prevention QCFR-Ida</p> <p>10:15am Stretch & Tone QCMPR-Ida</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit QCMPR-Ida</p> <p>11:15am Strengthen Your Core</p>	<p>31</p> <p>10:15am Water Aerobics Pool</p> <p>11:15 am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark <i>Rotating Instructors</i></p>