

Quail Creek Fitness in Paradise

July 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><i>1</i></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><i>2</i></p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p> <p>1:30pm Ladies Ballroom Cardio Workout QCFR-Angeline</p>	<p><i>3</i></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>3:30pm Guided Relaxation QCMPR-Ramona</p>	<p><i>4 Independence Day</i></p>  <p>No Fitness Classes</p>	<p><i>5</i></p> <p>No Fitness Classes scheduled for today</p>
<p><i>6</i></p> 	<p><i>7</i></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><i>8</i></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><i>9</i></p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p> <p>1:30pm Ladies Ballroom Cardio Workout QCFR-Angeline</p>	<p><i>10</i></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>3:30pm Guided Relaxation QCMPR-Ramona</p>	<p><i>11</i></p> <p>10:15am Stretch & Tone Cancelled</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit Cancelled</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p><i>12</i></p> <p>10:15am Water Aerobics Pool</p> <p>11:15am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark</p> <p>Rotating instructors for water classes</p>
<p><i>13</i></p>	<p><i>14</i></p> <p>10:15am Specialty Tai Chi QCFR-Glora</p> <p>10:15am Stretch & Tone Cancelled</p> <p>10:15am Water Aerobics Pool-Jan</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p><i>15</i></p> <p>9:00am Range of Motion Cancelled</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><i>16</i></p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p> <p>1:30pm Ladies Ballroom Cardio Workout QCFR-Angeline</p>	<p><i>17</i></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>3:30pm Guided Relaxation QCMPR-Ramona</p>	<p><i>18</i></p> <p>10:15am Stretch & Tone Cancelled</p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:00am NeuroFit Cancelled</p> <p>11:15am Strengthen Your Core QCFR-Glora</p>	<p><i>19</i></p> <p>10:15am Water Aerobics Pool</p> <p>11:15am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark</p> <p>Rotating instructors for water classes</p>
<p><i>20</i></p>	<p><i>21</i></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><i>22</i></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><i>23</i></p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p> <p>1:30pm Ladies Ballroom Cardio Workout QCFR-Angeline</p>	<p><i>24</i></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>3:30pm Guided Relaxation QCMPR-Ramona</p>	<p><i>25</i></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><i>26</i></p> <p>10:15am Water Aerobics Pool</p> <p>11:15am Water Arthritis Pool</p> <p>1:15pm Chi Gong QCMPR-Mark</p> <p>Rotating instructors for water classes</p>
<p><i>27</i></p>	<p><i>28</i></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><i>29</i></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><i>30</i></p> <p>10:15am Water Aerobics Pool-Glora</p> <p>11:15am Strengthen Your Core QCFR-Glora</p> <p>1:30pm Ladies Ballroom Cardio Workout QCFR-Angeline</p>	<p><i>31</i></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>3:30pm Guided Relaxation QCMPR-Ramona</p>		