

# Quail Creek Fitness in Paradise

# October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Legend:</b>  <b>LMPR</b>—Community Center                      Large Multi-Purpose Room  <b>QCA&amp;C</b>—Quail Creek Arts &amp; Crafts Room  <b>QCFR</b>—Quail Creek Fitness Room  <b>QCMPR</b>—Quail Creek Multi-Purpose Room</p>			<p><b>1</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>2</b>                      10:00am Circuit Training                      QCFR-Glora                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>3</b>  <b>10:00am Wellness Seminar:                      Flu Shot Update LMPR</b>                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Glora                      11:00am NeuroFit QCMPR-Ida                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>4</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <i>Rotating instructors                      for water classes</i></p>
<p><b>5</b></p>	<p><b>6</b>                      10:15am Specialty Tai Chi                      QCFR-Glora                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Jan                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>7</b>                      9:15am Range of Motion                      QCMPR-Ida                      10:00am Water Aerobics Pool-Jan                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>8</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>9</b>                      10:00am Circuit Training                      QCFR-Glora                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>10</b>                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Glora                      11:00am NeuroFit QCMPR-Ida                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>11</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <i>Rotating instructors                      for water classes</i></p>
<p><b>12</b></p>	<p><b>13 Columbus Day</b>                      10:15am Specialty Tai Chi                      QCFR-Glora                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Jan                      11:15am Strengthen Your Core                      QCFR-Glora  <b>2:00pm Low Vision                      Seminar Trip</b></p>	<p><b>14</b>                      9:15am Range of Motion                      QCMPR-Ida                      10:00am Water Aerobics Pool-Jan                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>15</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>16</b>                      10:00am Circuit Training                      QCFR-Glora                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>17</b>                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Glora                      11:00am NeuroFit QCMPR-Ida                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>18</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <i>Rotating instructors                      for water classes</i></p>
<p><b>19</b></p>	<p><b>20</b>                      10:15am Specialty Tai Chi                      QCFR-Glora                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Jan                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>21</b>                      9:15am Range of Motion                      QCMPR-Ida                      10:00am Water Aerobics Pool-Jan                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>22</b>  <b>10:00am DYE Annual                      Health                      Faire LMPR &amp; AD</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>23</b>                      10:00am Circuit Training                      QCFR-Glora                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>24</b>                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Glora                      11:00am NeuroFit QCMPR-Ida                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>25</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <i>Rotating instructors                      for water classes</i></p>
<p><b>26</b></p>	<p><b>27</b>                      10:15am Specialty Tai Chi                      QCFR-Glora                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Jan                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>28</b>                      9:15am Range of Motion                      QCMPR-Ida                      10:00am Water Aerobics Pool-Jan                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>29</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      QCFR-Glora</p>	<p><b>30</b>                      10:00am Circuit Training                      QCFR-Glora                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline</p>	<p><b>31 Happy Halloween</b>                      10:15am Stretch &amp; Tone                      QCMPR-Ida                      10:15am Water Aerobics Pool-Glora                      11:00am NeuroFit QCMPR-Ida                      11:15am Strengthen Your Core                      QCFR-Glora</p>	