Quail Creek Fitness in Paradise — November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Location Legend: **LMPR**—Community Center Large Multi-Purpose Room **QCA&C**—Quail Creek Arts & Crafts Room **QCFR**—Quail Creek Fitness Room **QCMPR**—Quail Creek Multi-Purpose Room			*Give Thanks*			***1*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating instructors for water classes***
2 **Daylight Saving Time Ends** 	***3*** 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	***4 Election Day*** 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	***5*** 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***6*** 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline	***7*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***8*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating instructors for water classes***
9	***10*** 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	***11 Veterans Day*** 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	***12*** 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***13*** 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline	***14*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***15*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating instructors for water classes***
16	***17*** 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	***18*** 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	***19*** 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***20*** 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline	***21*** 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora	***22*** 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool ***Rotating instructors for water classes***
23 / ***30***	***24*** 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	***25*** 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	***26*** 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora	***27 Thanksgiving Day*** ***No Fitness Classes Scheduled for Today*** 	***28*** ***No Fitness Classes Scheduled for Today***	***29*** ***No Fitness Classes Scheduled for Today***