
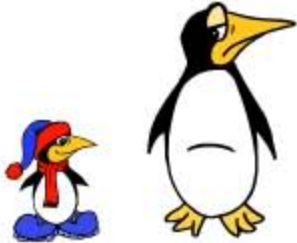


Quail Creek Fitness in Paradise

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend: LMPR—Community Center Large Multi-Purpose Room QCA SC—Quail Creek Arts & Crafts Room QCFR—Quail Creek Fitness Room QCMPR—Quail Creek Multi-Purpose Room</p>				<p>1 New Year's Day No Fitness Classes Scheduled for Today</p>	<p>2 No Fitness Classes Scheduled for Today</p>	<p>3 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating instructors for water classes</i></p>
<p>4</p>	<p>5 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</p>	<p>6 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>7 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora</p>	<p>8 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:00pm Osteoball for Balance & Bones QCMPR- Glora 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>9 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora</p>	<p>10 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating instructors for water classes</i></p>
<p>11</p> 	<p>12 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</p>	<p>13 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>14 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora</p>	<p>15 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:00pm Osteoball for Balance & Bones QCMPR- Glora 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>16 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora</p>	<p>17 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating instructors for water classes</i></p>
<p>18</p>	<p>19 Martin Luther King Day 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</p>	<p>20 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>21 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora</p>	<p>22 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:00pm Osteoball for Balance & Bones QCMPR- Glora 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>23 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora</p>	<p>24 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating instructors for water classes</i></p>
<p>25</p>	<p>26 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</p>	<p>27 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>28 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core QCFR-Glora</p>	<p>29 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:00pm Osteoball for Balance & Bones QCMPR- Glora 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>30 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core QCFR-Glora</p>	<p>31 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool <i>Rotating instructors for water classes</i></p>