



Quail Creek Fitness in Paradise

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend: AR—Activity Room Community Center LMPR—Community Center Large Multi-Purpose Room QCASC—Quail Creek Arts & Crafts Room QCFR—Quail Creek Fitness Room QCMPR—Quail Creek Multi-Purpose Room</p>					<p>1 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core</p>	<p>2 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>3</p>	<p>4 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core AR-Glora</p>	<p>5 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 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>6 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>7 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>8 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora</p>	<p>9 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>10 <i>Mother's Day</i></p> 	<p>11 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core AR-Glora</p>	<p>12 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 1:30pm Water Exercise Therapy</p>	<p>13 10:15am Water Aerobics Pool-Glora 11:00am Wellness Seminar: Society for the Blind Follow Up QCA&C 11:15am Strengthen Your Core AR-Glora</p>	<p>14 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>15 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora</p>	<p>16 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>17</p>	<p>18 10:15am Specialty Tai Chi QCFR-Glora 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Jan 11:15am Strengthen Your Core AR-Glora</p>	<p>19 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 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>20 10:00am Fitness Conductors Kick-off MPR 10:15am Water Aerobics Cancelled 11:15am Strengthen Your Core AR-Glora</p>	<p>21 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>22 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora</p>	<p>23 Holiday weekend NO Fitness Classes scheduled for today</p>
<p>24</p> <p style="text-align: center;">31</p>	<p>25 <i>Memorial Day</i></p> <p>NO Fitness Classes scheduled for today</p> 	<p>26 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 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>27 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>28 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>29 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora</p>	<p>30 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>