



Quail Creek Fitness in Paradise

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend: AR-Activity Room Community Center LMPR-Large Multi-Purpose Room Community Center QCASC-Quail Creek Arts & Crafts Room QCFR-Quail Creek Fitness Room QCMPR-Quail Creek Multi-Purpose Room</p>	<p>1 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 1:30pm Conductorcise QCFR-Angeline</p>	<p>2 9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SN-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>3 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>4 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>5 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora 1:00pm Conductorcise AR-Ida/Lise</p>	<p>6 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>7</p>	<p>8 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 1:30pm Conductorcise QCFR-Angeline</p>	<p>9 9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SN-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>10 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>11 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>12 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora 1:00pm Conductorcise AR-Ida/Lise</p>	<p>13 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>14 Flag Day</p> 	<p>15 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 1:30pm Conductorcise QCFR-Angeline</p>	<p>16 9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SN-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>17 10:15am Water Aerobics Pool-Glora 11:00am Wellness Seminar: Society for the Blind, Organizing Skills QCMPR 11:15am Strengthen Your Core AR-Glora</p>	<p>18 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>19 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora 1:00pm Conductorcise Cancelled</p>	<p>20 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>21 Father's Day</p>  <p><i>Happy Father's Day</i></p>	<p>22 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 1:30pm Conductorcise QCFR-Angeline</p>	<p>23 9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SN-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>	<p>24 10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>25 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>26 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:15am Strengthen Your Core AR-Glora 1:00pm Conductorcise AR-Ida/Lise</p>	<p>27 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>28</p>	<p>29 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 1:30pm Conductorcise QCFR-Angeline</p>	<p>30 9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SN-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline 1:30pm Water Exercise Therapy Pool-Glora</p>				