



# Quail Creek Fitness in Paradise

# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Legend:</b>                      AR-Activity Room Community Center                      LMPR-Large Multi-Purpose Room                      Community Center                      QCASC-Quail Creek Arts &amp; Crafts Room                      QCFR-Quail Creek Fitness Room                      QCMPR-Quail Creek Multi-Purpose Room</p>			<p><b>1</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      AR-Glora</p>	<p><b>2</b>                      10:00am Circuit Training  <b>Cancelled</b>                      11:15am Water Arthritis Pool-Karen                      1:30pm Ballroom Dance                      QCFR-Angeline                      1:30pm Water Exercise Therapy  <b>Cancelled</b></p>	<p><b>3</b>  <b>Holiday weekend</b>  <b>NO Fitness</b>  <b>Classes</b>  <b>scheduled</b></p>	<p><b>4 Independence Day</b>  <b>NO Fitness</b>  <b>Classes</b>  <b>scheduled</b>  <b>for today</b></p>
<p><b>5</b></p>	<p><b>6</b>                      10:15am Specialty Tai Chi  <b>Cancelled</b>                      10:15am Stretch &amp; Tone QCMPR-Ida                      10:15am Water Aerobics Pool-Jan                      11:15am Strengthen Your Core  <b>Cancelled</b>                      1:30pm Conductorcise                      QCFR-Angeline</p>	<p><b>7</b>                      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><b>8</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      AR-Glora</p>	<p><b>9</b>                      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><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                      AR-Glora                      1:00pm Conductorcise AR-IdaLise</p>	<p><b>11</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <b>Rotating instructors</b>  <b>for water classes</b></p>
<p><b>12</b></p>	<p><b>13</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                      AR-Glora                      1:30pm Conductorcise                      QCFR-Angeline</p>	<p><b>14</b>                      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><b>15</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      AR-Glora</p>	<p><b>16</b>                      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><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                      AR-Glora                      1:00pm Conductorcise AR-IdaLise</p>	<p><b>18</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <b>Rotating instructors</b>  <b>for water classes</b></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                      AR-Glora                      1:30pm Conductorcise                      QCFR-Angeline</p>	<p><b>21</b>                      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><b>22</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      AR-Glora</p>	<p><b>23</b>                      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><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                      AR-Glora                      1:00pm Conductorcise AR-IdaLise</p>	<p><b>25</b>                      10:15am Water Aerobics Pool                      11:15 am Water Arthritis Pool  <b>Rotating instructors</b>  <b>for water classes</b></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                      AR-Glora                      1:30pm Conductorcise                      QCFR-Angeline</p>	<p><b>28</b>                      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><b>29</b>                      10:15am Water Aerobics Pool-Glora                      11:15am Strengthen Your Core                      AR-Glora</p>	<p><b>30</b>                      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><b>31</b>                      10:15am Stretch &amp; 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-IdaLise</p>	