

Quail Creek Fitness in Paradise

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Daylight Saving Time Ends</p> 	<p>2</p> <p>9:30am Circuit Training QCRF-Glora 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>3 Election Day</p> <p>9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SNF-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>4</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>5</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>6</p> <p>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>7</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>8</p>	<p>9</p> <p>9:30am Circuit Training QCRF-Glora 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>10</p> <p>9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SNF-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>11 Veterans Day</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>12</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>13</p> <p>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>14</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>15</p>	<p>16</p> <p>9:30am Circuit Training QCRF-Glora 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>17</p> <p>9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SNF-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>18</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>19</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>20</p> <p>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>21</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>22</p> 	<p>23</p> <p>9:30am Circuit Training QCRF-Glora 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>24</p> <p>9:15am Range of Motion QCMPR-Ida 10:00am Water Aerobics Pool-Jan 11:00am Conductorcise SNF-Din-Ida 11:15am Water Arthritis Pool-Karen 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>25</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>26 Thanksgiving Day</p> <p>No Fitness Classes Scheduled for today</p>	<p>27</p> <p>No Fitness Classes Scheduled for today</p>	<p>28</p> <p>No Fitness Classes Scheduled for today</p>
<p>29</p>	<p>30</p> <p>9:30am Circuit Training QCRF-Glora 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>Room Location Legend: AR-Activity Room Community Center LMPR-Large Multi-Purpose Room Community Center MPR-Multi-Purpose Room QCASC-Quail Creek Arts & Crafts Room QCFR-Quail Creek Fitness Room QCMPR-Quail Creek Multi-Purpose Room SNF-Din-Skilled Nursing Dining Room</p>