



Quail Creek Fitness in Paradise

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Legend: AR-Activity Room Community Center LMPR-Large Multi-Purpose Room Community Center MPR-Multi-Purpose Room QCABC-Quail Creek Arts & Crafts Room QCFR-Quail Creek Fitness Room QCMPR-Quail Creek Multi-Purpose Room SNF-Din-Skilled Nursing Dining Room</p>					<p>1 New Year's Day</p> <p align="center">NO Fitness Classes scheduled for today</p>	<p>2</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool</p> <p align="center">Rotating instructors for water classes</p>
3	<p>4</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>5</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>6</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>7</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>8</p> <p>10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:00am Wellness Seminar: Bone Health LMPR 11:15am Strengthen Your Core AR-Glora</p>	<p>9</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool</p> <p align="center">Rotating instructors for water classes</p>
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17	<p>18 Martin Luther King Jr. Day</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>19</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>20</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>21</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>22</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>23</p> <p>10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool</p> <p align="center">Rotating instructors for water classes</p>
<p>24</p> <p align="center">31</p>	<p>25</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>26</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>27</p> <p>10:15am Water Aerobics Pool-Glora 11:15am Strengthen Your Core AR-Glora</p>	<p>28</p> <p>10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>29</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>30</p> <p>10:15am Water Aerobic</p> <p align="center">Cancelled</p> <p>11:00am Fitness Expo LMPR</p> <p>11:15 am Water Arthritis</p> <p align="center">Cancelled</p>