



Quail Creek Fitness in Paradise

February 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 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>2 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>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-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</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</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 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>9 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>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-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</p>	<p>12 10:15am Stretch & Tone QCMPR-Ida 10:15am Water Aerobics Pool-Glora 11:00am NeuroFit QCMPR-Ida 11:00am Wellness Seminar: Golden Years: How to Thrive? LMDD 11:15am Strengthen Your Core AR-Glora</p>	<p>13 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>14 Valentine's Day</p> 	<p>15 Presidents' Day 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>16 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>17 10:15am Water Aerobics Pool-Glora 11:00am Wellness Seminar: Update on Osteoarthritis LMDD 11:15am Strengthen Your Core AR-Glora</p>	<p>18 10:00am Circuit Training QCFR-Glora 11:15am Water Arthritis Pool-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</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</p>	<p>20 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>21</p>	<p>22 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>23 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>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-Stephanie 1:30pm Ballroom Dance QCFR-Angeline</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</p>	<p>27 10:15am Water Aerobics Pool 11:15 am Water Arthritis Pool Rotating instructors for water classes</p>
<p>28</p>			 Heart Month			