

# Quail Creek Fitness in Paradise

# March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Legend:</b>  <b>AR</b>-Activity Room Community Center  <b>LMPR</b>-Large Multi-Purpose Room Community Center  <b>MPR</b>-Multi-Purpose Room  <b>QCA&amp;C</b>-Quail Creek Arts &amp; Crafts Room  <b>QCFR</b>-Quail Creek Fitness Room  <b>QCMPR</b>-Quail Creek Multi-Purpose Room  <b>SNF-Din</b>-Skilled Nursing Dining Room</p>	<p><b>1</b>            9:30am Circuit Training QCRF-Glora            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</p>	<p><b>2</b>            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><b>3</b>            10:15am Water Aerobics Pool-Glora            11:15am Strengthen Your Core AR-Glora</p>	<p><b>4</b>            10:00am Circuit Training QCFR-Glora            11:15am Water Arthritis Pool-Stephanie            1:30pm Ballroom Dance QCFR-Angeline</p>	<p><b>5</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</p>	<p><b>6</b>            10:15am Water Aerobics Pool            11:15 am Water Arthritis Pool    <b>Rotating instructors for water classes</b></p>
<p><b>7</b></p>	<p><b>8</b>            9:30am Circuit Training QCRF-Glora            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</p>	<p><b>9</b>            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><b>10</b>            10:15am Water Aerobics Pool-Glora            11:15am Strengthen Your Core AR-Glora</p>	<p><b>11</b>            10:00am Circuit Training QCFR-Glora            11:15am Water Arthritis Pool-Stephanie            1:30pm Ballroom Dance QCFR-Angeline</p>	<p><b>12</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</p>	<p><b>13</b>            10:15am Water Aerobics Pool            11:15 am Water Arthritis Pool    <b>Rotating instructors for water classes</b></p>
<p><b>14 Daylight Saving Time Begins</b></p> 	<p><b>15</b>            9:30am Circuit Training QCRF-Glora            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</p>	<p><b>16</b>            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><b>17 St. Patrick's Day</b></p> 	<p><b>18</b>            10:00am Circuit Training QCFR-Glora            11:15am Water Arthritis Pool-Stephanie            1:30pm Ballroom Dance QCFR-Angeline</p>	<p><b>19</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</p>	<p><b>20</b>            10:15am Water Aerobics Pool            11:15 am Water Arthritis Pool    <b>Rotating instructors for water classes</b></p>
<p><b>21</b></p>	<p><b>22</b>            9:30am Circuit Training QCRF-Glora            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</p>	<p><b>23</b>            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><b>24</b>            10:15am Water Aerobics Pool-Glora  <b>11:00am Society for the Blind Seminar QCMPR</b>            11:15am Strengthen Your Core AR-Glora</p>	<p><b>25</b>            10:00am Circuit Training QCFR-Glora            11:15am Water Arthritis Pool-Stephanie            1:30pm Ballroom Dance QCFR-Angeline</p>	<p><b>26</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</p>	<p><b>27</b>            10:15am Water Aerobics Pool            11:15 am Water Arthritis Pool    <b>Rotating instructors for water classes</b></p>
<p><b>28</b></p>	<p><b>29</b>            9:30am Circuit Training QCRF-Glora            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</p>	<p><b>30</b>            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><b>31</b>            10:15am Water Aerobics Pool-Glora            11:15am Strengthen Your Core AR-Glora</p>			