



Quincy University

Aqua Aerobics Class Schedule

<i>Day/ Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:45 am	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	
9:30 - 10:15am		Mobility (Low Intensity)		Mobility (Low Intensity)	
5:30 - 6:30 pm	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	

Pool Hours of Operation (lap swimming & general use):

Monday – Friday.....7:30am – 10:30am, Noon – 2:00pm, 5:00 – 8:00pm
Saturday/Sunday.....Noon – 3:00pm

Private Swim Lessons:

The Quincy University Aqua Aerobics Program also offers private swim lessons for both children and adults. Prices vary and lesson times are flexible. Please call 217-228-5032 and ask for Allison Schafer for more information!