



Quincy University

Aqua Aerobics Class Schedule

<i>Day/ Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:15 am	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	
10:00 – 11:00 am	Waterbugs (Low Intensity)		Waterbugs (Low Intensity)		Waterbugs (Low Intensity)
5:30 - 6:30 pm	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	
7:00 – 7:45pm	Aqua Bootcamp (High Intensity)		Aqua Bootcamp (High Intensity)		

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

Monday – Friday: 8:00am – 11:00am, Noon – 2:00pm, 5:00 – 8:00pm

Saturday: 10:00am to 1:00pm

Sunday: Noon – 3:00pm

*Aqua Bootcamp starts August 30th

Swim Lessons:

The Quincy University Aqua Aerobics Program also offers class and private swim lessons for both children and adults. Prices vary and lesson times are flexible. Please call 217-248-3134 or email julienewell2009@gmail.com for more information!