

## Aqua Aerobics Class Schedule 2016

(begins January 4, ends May 13)

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30–9:15 am	Aqua Jog (High Intensity)	Aqua Jog (High Intensity)	Aqua Jog (High Intensity)	Aqua Jog (High Intensity)	
9:30–10:00 am		Pump It Up (High Intensity)		Pump It Up (High Intensity)	
12:15–12:45 pm	Pump It Up (High Intensity)		Pump It Up (High Intensity)		
6:15–7:00 pm	Aqua Aerobics (Med Intensity)	Range of Motion (Low Intensity) ----- Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Range of Motion (Low Intensity) ----- Aqua Aerobics (Med Intensity)	
6:30–7:15 pm	Special Needs Class				

### ***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 Kathy Kovachevich for more information!

**NOTE:** The Quincy University Aqua Aerobics Program will be closed as follows:

- Easter, March 26, 2016

**The Quincy University pool will close if lightning or severe weather is in the area.  
Please contact the Quincy University Front Desk at 217-228-5032 for details if  
extreme weather is in the Quincy area.**