

Days & Times

Splish~Splash

Mondays

11:15am – 12:00pm

First Day: Monday, June 3rd

Last Day: Monday, August 5th

Thursdays

11:15am – 12:00pm

First Day: Thursday, June 6th

Last Day: Thursday, August 8th

AquaFit

Tuesdays

11:15am – 12:00pm

First Day: Tuesday, June 4th

Last Day: Tuesday, August 6th

Wednesdays

11:15am – 12:00pm

First Day: Wednesday, June 5th

Last Day: Wednesday, August 7th

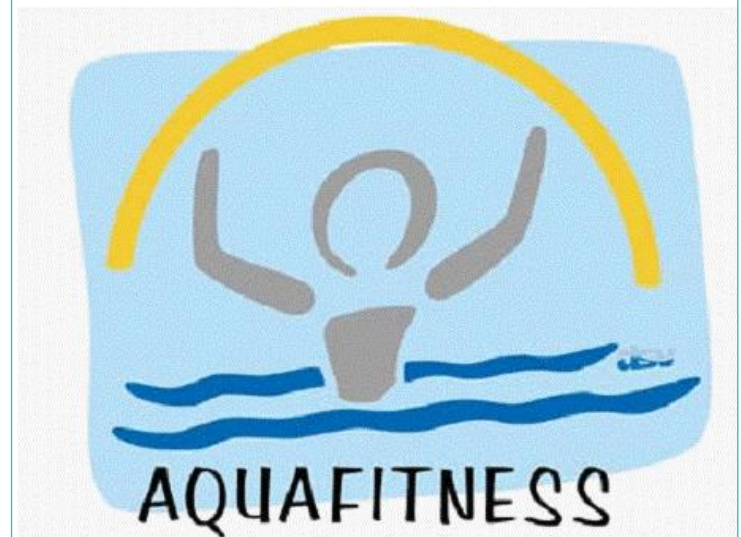
Saturdays

11:15am – 12:00pm

First Day: Saturday, June 8th

Last Day: Saturday, September 7th

QCC H2O-X Classes



Summer
2019

H2OFitness @ QCC

The Quincy Country Club is dedicated to offering quality programs to our members and their guests. The QCC sets the bar for top quality service, amenities, programs, and overall experience for our members and their guests.

The western-most lap lane space will be sectioned off and reserved for aqua-fitness class use during class times posted.

Class participants must be at least thirteen (13) years of age.

Classes are free to members and \$5 per guest

Event Schedule

AquaFit

Anything aqua-fitness is a possibility in this class! Laps, toning, strengthening, cardio – anything goes!

Tuesdays 11:15am – 12:00pm

Wednesdays 11:15am – 12:00pm

Saturdays 11:15am – 12:00pm

Splish~Splash Fitness

With workouts synched to songs on specially designed playlists, this class almost has a dance-like feel that's easy to follow and a great time!

Mondays 11:15am – 12:00pm

Thursdays 11:15am – 12:00pm

