

## Days & Times

### Masters on Mondays

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Mondays  
7:00 – 8:00am  
First Day: Monday, June 12<sup>th</sup>  
Last Day: Monday, August 7<sup>th</sup>

### AquaFit

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Tuesdays  
9:15 – 10:00am  
Saturdays  
10:15 – 11:00am  
First Day: Tuesday, June 13<sup>th</sup>  
Last Day: Saturday, August 12<sup>th</sup>

### Go With the Flow

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Tuesdays  
7:00 – 7:45pm  
First Day: Tuesday, June 13<sup>th</sup>  
Last Day: Tuesday, August 10<sup>th</sup>

### Splish~Splash

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Thursdays  
7:00 – 7:45pm  
First Day: Thursday, June 14<sup>th</sup>  
Last Day: Thursday, August 10<sup>th</sup>

### Paddle Board Yoga

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Fridays  
9:15 – 10:00am  
First Day: Friday, June 16<sup>th</sup>  
Last Day: Friday, August 11<sup>th</sup>

# QCC Water Exercise Classes



Summer  
2017

# 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

### Masters on Mondays

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Led by our qualified coaches, our Masters Swimming program is for adults looking to improve their technique, get in a great workout, or hit their best time

**Mondays 7:00 – 8:00am**

### AquaFit

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

**Tuesdays 9:15 – 10:00am**

**Saturdays 10:15 – 11:00am**

### Go With the Flow

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This relaxed-paced class is perfect for those with achy joints and other body pains or any novice to aqua fitness. Enjoy the benefits of no-impact exercise and fitness you'll only get at the pool!

**Tuesdays 7:00 – 7:45pm**

### Splish~Splash Fitness

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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!

**Thursdays 7:00 – 7:45pm**

### Paddle Board Yoga

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Come enjoy the ancient practice of Yoga combined with Paddle Boarding! This class brings a combo of yoga and paddle boarding that's great for building better balance, coordination, endurance, and body strength!

**Fridays 9:15 – 10:00am**