



Good Samaritan Home of Quincy

2130 Harrison • Quincy, IL 62301 • Phone: (217) 223-8717 • Fax: (217) 223-6015 • www.gshq.org

Aquatic Fitness Class

Our warm-water aquatic fitness classes are available to individuals age 40 and above and targets core strength, range of motion, flexibility, and balance issues through a full body, low-impact, fun workout that anyone can do. Water provides the perfect resistance, and minimalizes aches and soreness associated with dryland workouts. Our program works for all people wanting the benefits of a low-impact workout, and those who may have had surgery or procedures and aim to strengthen the mobilities above.

Class Schedules

Customize your own schedule to fit your needs with 3 classes daily

Monday through Friday 7:30am 9:15am 10:45am

All classes run 60 minutes

Prices

Good Samaritan offers a variety of pricing options to both our cottagers and the public so you can tailor your schedule to fit your needs

Yearly Membership – Group Classes

Take advantage of unlimited classes, when YOU need it, and save BIG for 365 days

Cottager: \$450

Public: \$650

Monthly Membership – Group Classes

Attend as many classes as you need for 1 calendar month

Cottager: \$65

Public: \$75

Punch Card – Group Classes

Receive 10 classes, anytime you choose, for 1 low cost (no expiration date)

Cottager: \$50

Public: \$60

Punch Card – Private Classes

Receive 5 private classes during available weekday afternoons (no expiration date)

Cottager: \$50

Public: \$60

Please be advised that on occasion the pool may be closed due to mechanical issues. All memberships are non-transferrable and non-refundable.

Regardless of your type of membership, you must call Della Peters at 217-223-8717 ext. 4259 to schedule all classes. We cannot accommodate walk-ins without an appointment.