

## Quincy University Health & Fitness Center - Quincy

quincy

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quincy

## *Quincy University Health & Fitness Center - Quincy*

### **Quincy University Health & Fitness Center: An Overview**

Located in Quincy, Illinois, the **\*\*Quincy University Health & Fitness Center\*\*** offers a variety of amenities for those seeking to enhance their fitness journey. With features catering to all ages and abilities, this fitness center is a valuable resource for students and local residents alike.

### **A Splash of Fun: The Swimming Pool**

One of the standout features of the Quincy University Health & Fitness Center

is its **swimming pool**. While some visitors have reported cleanliness issues, others appreciate the warmth of the water, making it perfect for water exercise classes. The pool area serves as an excellent venue for swim lessons and recreational swimming, appealing to both serious swimmers and casual exercisers.

### **Membership Required: Join the Community**

To access the various facilities and programs offered by the center, **membership is required**. This ensures that members are part of a dedicated community focused on health and fitness. The investment in membership grants you access to both the gym equipment and the pool, allowing you to diversify your workout routine.

### **Accessibility First: Wheelchair-Accessible Features**

The fitness center prides itself on **accessibility** for all users. It features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy the facilities comfortably. This commitment to inclusivity is commendable, making the center a welcoming space for individuals with disabilities.

### **Relax and Recharge: The Sauna Experience**

After a rigorous workout or a refreshing swim, patrons can unwind in the sauna. This facility adds an extra layer of relaxation to your fitness routine, helping to soothe sore muscles and provide a serene environment for stress relief.

### **Amenities: A Comprehensive Fitness Experience**

In addition to the swimming pool and sauna, the Quincy University Health & Fitness Center offers a range of **amenities** designed to enhance your fitness experience. While some guests have noted maintenance issues, the overall impression is that the center maintains a high standard of cleanliness and provides ample opportunities for physical activity. From exercise classes to basketball courts, there's something for everyone.

### **Planning Your Visit: A User-Friendly Environment**

When planning your visit, consider peak times, especially during university events like the Dig It volleyball tournament, which can make the center lively but busy. Review the schedule for classes and available equipment, as some patrons have expressed concerns regarding the condition of certain weights and machines. Despite these challenges, many attendees find the atmosphere encouraging and supportive, contributing to a positive fitness experience.

### **Conclusion: A Gem in Quincy**

Overall, the Quincy University Health & Fitness Center is a **nice facility**

ideal for getting some exercise, whether through weights, swimming, or basketball. With ongoing improvements and a focus on member needs, it's better than many expect and provides an essential resource for the Quincy community aiming for a healthier lifestyle.

**The location of our premises is**

1901 Oak St, 62301 Quincy, Illinois - United States (US)

The phone number of the respective **Fitness center** is +1217-228-5032

And if you want to send a WhatsApp, you can do so at +1217-228-5032

**We look forward to seeing you at:**

Day	Hours
Monday	6?AM–9?PM
Tuesday	6?AM–8?PM
Wednesday	8?AM–4?PM
Thursday	12–6?PM
Friday	6?AM–9?PM
Saturday	6?AM–9?PM
Sunday	6?AM–9?PM

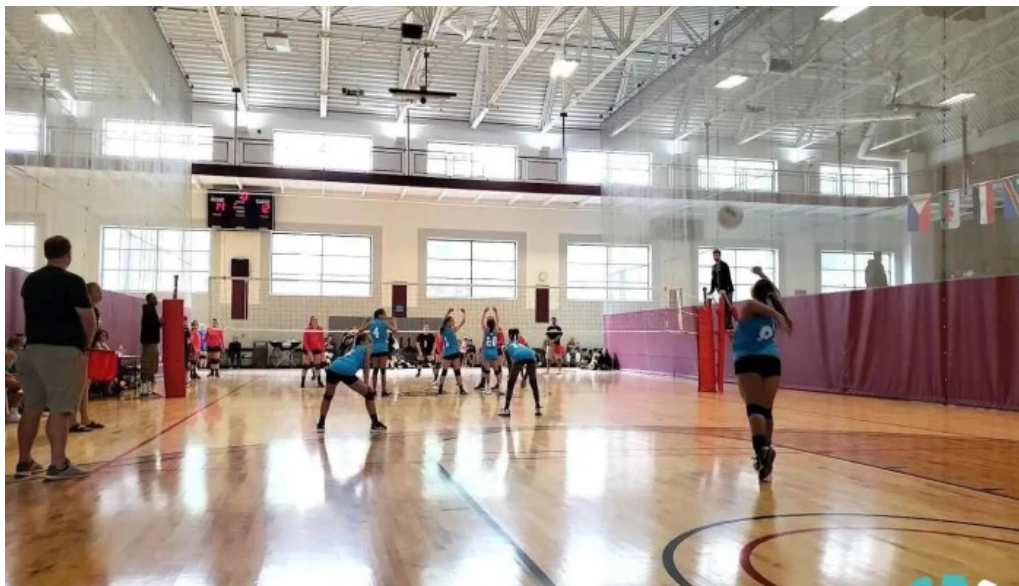
The website is Quincy University Health & Fitness Center

If necessary to update any detail that you think is not correct concerning this web, we kindly request forward a message so we can we will handle it quickly. In advance we appreciate it.

## Images



*Quincy university health fitness center street view 360deg*

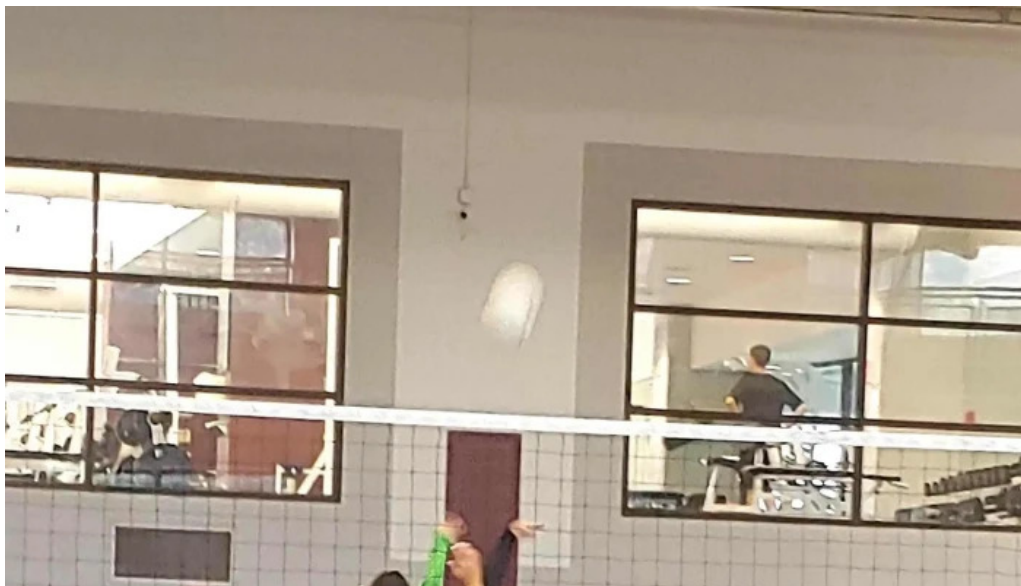


*Quincy university health fitness center quincy*





*Quincy university health fitness center map*



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## Tags

*Amenities, Wheelchair-accessible car park, Planning, Sauna, Wheelchair-accessible entrance, Membership required, Swimming pool, Accessibility*

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boxing ring
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dance school
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firearms academy
fitness
fitness center
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golf course
golf instructor
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karate school
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kickboxing school
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kinesiotherapist
martial arts club
martial arts school
massage therapist
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non-profit organization
nutritionist
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
weightlifting area
wellness center
wellness program



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yoga studio
youth organization