



## Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00a.m. <b>Hardcore</b>		5:00-6:00a.m. <b>Hardcore</b>			
	5:30-6:15a.m. <b>Vicious Cycle</b> Aerobics B <i>Trish</i>		5:30-6:15a.m. <b>Vicious Cycle</b> Aerobics B <i>Trish</i>		
8:00-8:45a.m. <b>Body Training</b> Room A <i>Marti</i>	8:00-9:00a.m. <b>Tone It Back</b> Room A <i>Lisa</i>	8:00-8:45a.m. <b>Body Training</b> Room A <i>Marti</i>	8:00-9:00a.m. <b>Tone It Back</b> Room A <i>Lisa</i>	8:30-9:00a.m. <b>Cycle</b> Aerobic B <i>Lisa</i>	9:30-10:15a.m. <b>Vicious Cycle</b> Aerobics B <i>Trish</i>
8:45-9:30a.m. <b>Zumba</b> Dance Room <i>Robyn</i>	9:10-10:10a.m. <b>Body Pump</b> Room A <i>Lisa</i>	8:45-9:45a.m. <b>Zumba</b> Yoga Room <i>Robyn</i>	8:30-9:00a.m. <b>Cycle</b> Room B <i>Lori</i>	9:00-10:00a.m. <b>RPM Spin</b> Aerobics B <i>Lisa</i>	9:00-10:00a.m. <b>Cardio Kick</b> Room A <i>Matt</i>
9:15-10:15a.m. <b>Yoga</b> Room A <i>Erin</i>	8:45-9:15a.m. <b>Cycle</b> Aerobic B <i>Lori</i>	9:00-10:00a.m. <b>RPM Spin</b> Aerobics B <i>Lisa</i>	9:00-10:00a.m. <b>Yoga</b> Dance Room <i>Theresa</i>	9:15-10:15a.m. <b>Yoga</b> Room A <i>Penny</i>	10:00-11:00 a.m. <b>Zumba</b> Dance Room <i>Matt</i>
10:15-11:15a.m. <b>Tai Chi</b> Dance Room <i>Betsy</i>	9:15-10:15a.m. <b>Yoga</b> Dance Room <i>Samantha</i>	9:15-10:15a.m. <b>Yoga</b> Room A <i>Penny</i>	9:10-10:10a.m. <b>Body Pump</b> Room A <i>Lisa</i>	10:15-11:15a.m. <b>Tai Chi</b> Dance Room <i>Betsy</i>	
5:00-6:00pm <b>Yoga - Penny</b> Dance Room	5:00-6:00p.m. <b>Zumba</b> Dance Room <i>Robyn.</i>	5:00-5:30pm <b>Kinetic Kardio</b> Room A <i>Kendra</i>	5:30-6:30p.m. <b>Yoga</b> Dance Room <i>Samantha</i>		
5:00-5:30p.m. <b>Kinetic Kardio</b> <i>Kendra</i> Room A					
5:45-6:45p.m. <b>Body Pump</b> Room A <i>Gina</i>	5:30-6:30p.m. <b>RPM Spin</b> Aerobics B <i>Gina</i>	5:45-6:45p.m. <b>Body Pump</b> Room A <i>Gina</i>	5:30-6:30p.m. <b>RPM Spin</b> Aerobics B <i>Gina</i>		revised 11/01/17
6:00-7:00p.m. <b>Groov3</b> Dance Room <i>Matt</i>			<b>**All visitors must sign in at front desk.** Children under 18 years of age must have parent present to sign them in at front desk.</b>		

# Nautilus Club Hours

4425 Industrial Drive, Alton, IL 62002  
618-466-9115      www.nautilusalton.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 4a.m.	24 HOURS	24 HOURS	24 HOURS	Close 9p.m.	6a.m.-8p.m.	8a.m.-6p.m.

## Pool Schedule

9-9:50a.m. Aquacise Betsy	9-10a.m. Aquacise Karen	9-10a.m. Aquacise Karen	9-10a.m. Aquacise Karen	9-9:50a.m. Aquacise Betsy		
2-5p.m. Family Swim	2-5p.m. Family Swim	2-5p.m. Family Swim	2-5p.m. Family Swim	2-5p.m. Family Swim	1-6p.m. Family Swim	Noon- 4:30p.m. Family Swim
7-9p.m. Family Swim	7-9p.m. Family Swim	7-9p.m. Family Swim	7-9p.m. Family Swim	7-9p.m. Family Swim		

## Playland Hours

8a.m.-noon	8a.m.-noon	8a.m.-noon	8a.m.-noon	8a.m.-noon	8a.m.-1p.m.	10a.m.-1p.m.
4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	4-7p.m.		

**Aquacise:** Fun & energized workout in the pool

**Ballast Blast & Tone:** New weighted ball that is great for stability and resistance. Engages core

**Body Training:** Muscle toning and body sculpting

**Body Pump:** Customized weight bar bell. Total body workout

**Cardio Mix:** Mixture of kick boxing, toning, and full body workout..

**Cardio Kick:** Kick boxing with bag, combined with fast paced cardio moves ending with floor work

**Dance Fitness:** Fun with a dance, full body workout.

**Cycle:** First half of class uses spinning bikes converting to Yoga for remainder of class

**Family Swim:** 17 years or younger must be accompanied by an adult

**Groov3:** Choreographed dance party for all fitness levels

**RPM:** Cardio peak cycling workout with minimum impact on your joints

**Tai Chi:** Balance, muscle tone, agility & flexibility

**Tone It Back:** Band, bar, dumb bells, and bosu

**Vicious Cycle:** 45 minutes of cycling with hill climbs, sprints, and flat riding

**Yoga:** Excellent way to get a thorough stretch and achieve relaxation

**Zumba:** Latin inspired dance fitness routine