

# 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

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

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

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

**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