

Aerobic Schedule for Nautilus Fitness Center

Phone: (618) 466-9115

Website: www.nautilusalton.com

DESCRIPTION OF CLASSES ON REVERSE * 30 MINUTE CLASSES ** 90 MINUTE CLASSES

	Mon.			Tues.			Wed.			Thurs.		Fri.		Sat.			
ROOM Time	A	B	Yoga	A	B	Yoga	A	B	Yoga	A	Yoga	A	Yoga	A	Yoga		
5:00 AM	Reality Kick Boxing (Brendan)					Zumba (Stacey)	Super Circuit (Brendan)				Zumba (Stacey)	Total Body Blast (Brendan)					
8:00 AM	Body Training (Marti)	**Step & Tone (Julie)	Zumba (Heather)			Zumba (Heather)	Body Training (Marti)	**Step & Tone (Julie)	Zumba Toning (Heather)		Zumba (Heather)		Zumba Toning (Heather)				
8:30 AM				Fitness Solutions (Brendan)	Triple Toning (Karen)					Fitness Solutions (Brendan)				Step & Tone (Julie)			
9:00 AM	Yoga (Suzanne)						Yoga (Suzanne)							Pilates (Heather)			
9:15 AM						Yoga (Kate)					Yoga (Kate)						
10:00 AM				NEW! <i>Kids In Action</i> Tuesdays 6:00-6:45 P.M. (Jeanna) in BASKETBALL COURT!										Cardio Kick (Matt)			
10:15 AM			Tai Chi (Betsy)												Tai Chi (Betsy)		
11:00 AM																	Zumba (Matt)
4:00 PM																	
5:00 PM						Zumba (Heather)					Zumba (Heather)						
5:30 PM	Step Circuit (Gina)		Yoga (Samantha)	*AB Attack (Gina)			Cardio Kick (Gina)		Zumba (Molly)	Yoga (Samantha)							
6:00 PM				Fat Blaster (Gina)	Pilates (Heather)								Zumba (Heather)				
6:30 PM			Zumba (Molly)				Circuit Training (Matt)				Kettle Bells (Brendan)						