

Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45am Powr45 Room A <i>Steve</i>		5:00-5:45am Powr45 Room A <i>Steve</i>		5:00-5:45am Powr45 Room A <i>Steve</i>	
	5:30-6:15a.m. Vicious Cycle Aerobics B <i>Trish</i>		5:30-6:15a.m. Vicious Cycle Aerobics B <i>Trish</i>		
8:00-8:45a.m. Body Training Room A <i>Marti</i>	8:00-9:00a.m. Tone It Room A <i>Lisa</i>	8:00-8:45a.m. Body Training Room A <i>Marti</i>	8:00-9:00a.m. Tone It Room A <i>Lisa</i>	8:30-9:00a.m. Cycle Aerobic B <i>Lisa</i>	8:30-9:15a.m. Cycle Aerobics B <i>Lori</i>
8:30-9:15 a.m. Zumba Dance Room <i>Robyn</i>	9:05-9:50a.m. Body Pump Express Room A <i>Lisa</i>	9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	9:05-9:50a.m. Body Pump Express Room A <i>Lisa</i>	9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	9:00-10:00a.m. Cardio Kick Room A <i>Matt</i>
9:15-10:15a.m. Yoga Dance Room <i>Diane</i>	8:45-9:15a.m. Cycle Aerobic B <i>Lori</i>	9:15-10:15a.m. Yoga Dance Room <i>Penny</i>	8:30-9:00a.m. Cycle Room B <i>Lori</i>	9:15-10:15a.m. Yoga Room A <i>Penny</i>	10:00-11:00 a.m. Zumba Dance Room <i>Matt</i>
9:00-9:45a.m. Body Blast Dance Room <i>Lori</i>	9:15-10:15a.m. Yoga Dance Room <i>Samantha</i>		9:15-10:00a.m. Yoga Dance Room <i>Theresa</i>	10:15-11:15a.m. Tai Chi Dance Room <i>Betsy</i>	
10:15-11:15a.m. Tai Chi Room A <i>Betsy</i>	9:50-10:10 Ab Blast Room A <i>Lisa</i>		9:50-10:10 Ab Blast Room A <i>Lisa</i>		
5-5:30pm RPM Spin Aerobics B <i>Gina</i>		5-5:30pm RPM Spin Aerobics B <i>Gina</i>	5:30-6:30p.m. Yoga Room A <i>Samantha</i>		
5:00-6:00pm Yoga - Penny Dance Room 5:00-5:30p.m. Leg HIIT Kendra Room A	5:00-6:00p.m Zumba Dance Room <i>Robyn.</i>	5:00-5:30pm Upper Body HIIT Room A <i>Kendra</i>	5:30-6:30p.m. RPM Spin Aerobics B <i>Gina</i>		
5:45-6:45p.m Body Pump Room A <i>Gina</i>	5:30-6:30p.m. RPM Spin Aerobics B <i>Gina</i>	5:45-6:45p.m. Body Pump Room A <i>Gina</i>	6:35-7:05pm Core/Cardio Blast Room A <i>Kendra</i>		revised 1/21/2019
6:00-7:00p.m. Groov3 Dance Room <i>Matt</i>	7:00-8:00p.m Yoga Room A <i>Samantha</i>	6-6:45pm Cycle Aerobics B <i>Lori</i>	**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.		

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.-1 pm	8a.m.-1 pm	8a.m.-1 pm	8a.m.-1 pm	8a.m.-1 pm	8a.m.-1p.m.	10a.m.-1p.m.
3p.m.-8p.m.	3p.m.-8p.m.	3p.m.-8p.m.	3p.m.-8p.m.	3p.m.-7p.m.		

BRIEF DESCRIPTION OF EACH CLASS;

Powr45: Variety of timed interval training

Body Blast: Different exercises programmed to work total body in timed blocks.

Ab Blast: Core strengthening

Aquacise: Fun & energized workout in the pool

Body Training: Muscle toning and body sculpting

Body Pump Express: 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

Kinetic Kardio: Circuit Training

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

Tai Chi: Balance, muscle tone, agility & flexibility

Tone It : 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