

# 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.		

### **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

## Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45am <b>Powr45</b> Room A <i>Steve</i>		5:00-5:45am <b>Powr45</b> Room A <i>Steve</i>		5:00-5:45am <b>Powr45</b> Room A <i>Steve</i>	
	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</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</b> Room A <i>Lisa</i>	8:30-9:00a.m. <b>Cycle</b> Aerobic B <i>Lisa</i>	8:30-9:15a.m. <b>Cycle</b> Aerobics B <i>Lori</i>
8:30-9:15 a.m. <b>Zumba</b> Dance Room <i>Robyn</i>	9:05-9:50a.m. Body Pump Express Room A <i>Lisa</i>	9:00-10:00a.m. <b>RPM Spin</b> Aerobics B <i>Lisa</i>	9:05-9:50a.m. Body Pump Express Room A <i>Lisa</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> Dance Room <i>Diane</i>	8:45-9:15a.m. <b>Cycle</b> Aerobic B <i>Lori</i>	9:15-10:15a.m. <b>Yoga</b> Dance Room <i>Penny</i>	8:30-9:00a.m. <b>Cycle</b> Room B <i>Lori</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>
9:00-9:45a.m. <b>Body Blast</b> Dance Room <i>Lori</i>	9:15-10:15a.m. <b>Yoga</b> Dance Room <i>Samantha</i>		9:15-10:00a.m. <b>Yoga</b> Dance Room <i>Theresa</i>	10:15-11:15a.m. <b>Tai Chi</b> Dance Room <i>Betsy</i>	
10:15-11:15a.m. <b>Tai Chi</b> Room A <i>Betsy</i>	9:50-10:10 <b>Ab Blast</b> Room A <i>Lisa</i>		9:50-10:10 <b>Ab Blast</b> Room A <i>Lisa</i>		
5-5:30pm <b>RPM Spin</b> Aerobics B <i>Gina</i>		5-5:30pm <b>RPM Spin</b> Aerobics B <i>Gina</i>	5:30-6:30p.m. <b>Yoga</b> 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. <b>Zumba</b> Dance Room <i>Robyn.</i>	5:00-5:30pm <b>Upper Body HIIT</b> Room A <i>Kendra</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>	5:45-6:45p.m. <b>Body Pump</b> Room A <i>Gina</i>	6:35-7:05pm Core/Cardio Blast Room A <i>Kendra</i>		revised 1/4/2019
6:00-7:00p.m. <b>Groov3</b> Dance Room <i>Matt</i>	7:00-8:00p.m. <b>Yoga</b> Room A <i>Samantha</i>	6-6:45pm <b>Cycle</b> Aerobics B <i>Lori</i>	<b>**All visitors must sign in at front desk.**</b> <b>Children under 18 years of age must have parent present to sign them in at front desk.</b>		