

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 10p.m.	6a.m.-10p.m.	8a.m.- 10p.m.

Pool Schedule

9-9:50a.m. Aquacise Betsy	9-10:15a.m. Aquacise Karen	9-10:15a.m. Aquacise Karen	9-10:15a.m. Aquacise Karen	9-9:50a.m. Aquacise Betsy		
1-5p.m. Family Swim	1-5p.m. Family Swim	1-5p.m. Family Swim	1-5p.m. Family Swim	1-5p.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:

Ab Blast: Core strengthening workout

Aquacise: Fun & energized workout in the pool

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

Body Pump: Customized weight bar bell. Total body workout

Body Training: Muscle toning and body sculpting

Body Weight Blast: Core, Upper Body, & Lower Body weight exercises to get that Heart Rate Up!

Buns and Bronz: Strength training and sculpting using light weights, combined with a focus on lower body and abs

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

Cycle: Spinning bikes; level of intensity per instructor

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

PowerHour: Variety of timed interval training

Quick Box: Cardio workout using standing boxing bags for punching, kicking, and blocking

RPM Spin: 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
5:00-6:00am Power Hour Room A <i>Steve</i>		5:00-6:00am Power Hour Room A <i>Steve</i>		5:00-6:00am Power Hour Room A <i>Steve</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 Aerobics B <i>Lisa</i>	8:30-9:15a.m. Cycle Aerobics B <i>Lori</i>
9:15-10:15a.m. Yoga Dance Room <i>Danette</i>	8:30-9:00a.m. Cycle Aerobics B <i>Lori</i>	9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	8:30-9:00a.m. Cycle Aerobics B <i>Lori</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>
9:00-10:00a.m. Body Blast Room A <i>Lori</i>	9:05-10:05a.m. Body Pump Room A <i>Lisa</i>	9:15-10:15a.m. Yoga Dance Room <i>Penny</i>	9:05-10:05a.m. Body Pump Room A <i>Lisa</i>	9:15-10:15a.m. Yoga Room A <i>Penny</i>	10:00-11:00 a.m. Zumba Dance Room <i>Matt</i>
10:25-11:25a.m. Tai Chi Room A <i>Betsy</i>	9:15-10:15a.m. Yoga Dance Room <i>Samantha</i>		9:15-10:00a.m. Yoga Dance Room <i>Theresa</i>	10:25-11:25a.m. Tai Chi Dance Room <i>Betsy</i>	10:30-11:30 a.m. Yoga Room A <i>Alyson</i>
	10:10-10:30 Ab Blast Room A <i>Lisa</i>		10:10-10:30 Ab Blast Room A <i>Lisa</i>		
5:00-5:30pm RPM Spin Aerobics B <i>Gina</i>		5:00-5:30pm RPM Spin Aerobics B <i>Gina</i>	5:30-6:30p.m. Yoga Room A <i>Samantha</i>		
5:00-5:30p.m. Body Weight Blast Room A <i>Jessica</i>		5:00-5:30pm Quick Box Room A <i>Matt</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>			revised 1/29/2020
6:00-6:45p.m. Buns & Bronz Dance Room <i>Matt & Andrea</i>	7:00-8:00p.m. Yoga Room A <i>Emma</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.		