



## Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>		5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>		5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>	
	5:30-6:00a.m. <b>Cycle</b> Spin Room <i>Lori</i>		5:30-6:00a.m. <b>Cycle</b> Spin Room <i>Lori</i>		
8:00-8:55a.m. <b>Spin</b> Spin Room <i>Lisa</i>		8:00-8:55a.m. <b>Spin</b> Spin Room <i>Lisa</i>		8:00-8:55a.m. <b>Spin</b> Spin Room <i>Lisa</i>	8:00-8:50a.m. <b>Saturday Sweat</b> Aerobics Room <i>Jackie</i>
8:00-9:00a.m. <b>Body Training</b> Aerobics Room <i>Marti</i>		8:00-9:00a.m. <b>Body Training</b> Aerobics Room <i>Marti</i>		9:00-9:55a.m. <b>Body HIIT</b> Aerobics Room <i>Lisa</i>	9:00-10:00a.m <b>Cardio Boxing</b> Aerobics Room <i>Matt</i>
9:00-9:55a.m. <b>Body HIIT</b> Aerobics Room <i>Lisa</i>		9:00-9:55a.m. <b>Body HIIT</b> Aerobics Room <i>Lisa</i>		9:15-10:15a.m. <b>Yoga</b> Dance Room <i>Penny</i>	
9:15-10:15a.m. <b>Yoga</b> Aerobics Room <i>Danette</i>		9:15-10:15a.m. <b>Yoga</b> Aerobics Room <i>Penny</i>		10:25-11:25a.m. <b>Tai Chi</b> Dance Room <i>Betsy</i>	
10:25-11:25a.m. <b>Tai Chi</b> Dance Room <i>Betsy</i>					
5:00-5:45p.m <b>Total Body Conditioning</b> Aerobics Room <i>Matt</i>	5:30-6:15p.m. <b>Cycle</b> Spin Room <i>Lori</i>	5:00-5:30p.m <b>Quick Box</b> Aerobics Room <i>Matt</i>	5:30-6:15p.m. <b>Cycle</b> Spin Room <i>Lori</i>		
7:30-8:00p.m. <b>Aquacise</b> Pool Room <i>Tabitha</i>	6:30-7:15p.m. <b>Body HIIT</b> Aerobics Room <i>Lori</i>		6:30-7:15p.m. <b>Body HIIT</b> Aerobics Room <i>Lori</i>		
					revised 10/1/2021
			<b>**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.</b>		

# Nautilus Club Hours

4425 Industrial Drive, Alton, IL 62002  
618-466-9115      www.nautilusalton.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open at 4a.m.	24 Hours	24 Hours	24 Hours	Close 10p.m.	6a.m.-10p.m.	7:30a.m.-6p.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	12-4:30p.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.-12 pm	8a.m.-12 pm	8a.m.-12 pm	8a.m.-12 pm	8a.m.-12 pm	8a.m.-12p.m.	10a.m.-12p.m.
4p.m.-8p.m.	4p.m.-8p.m.	4p.m.-8p.m.	4p.m.-8p.m.	4p.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 HIIT:** 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!

**Total Body Conditioning:** Strength training and sculpting using light weights, and a focus on lower body and abs

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

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

**Power Hour:** Variety of timed interval training

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

**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

**Cycle:** 30-45 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