

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.		

Aquacise & Aqua Fit: Fun & energized workout in the pool

Ballast Blast & Tone: New weighted ball that is great for stability and resistance. Engages core

Body Training: Muscle toning and body sculpting

Body Pump: Customized weight bar bell. Total body workout.

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

Core Strength Training: No impact full body workout with focus on core strength

Cycle Yoga: 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

Free Stylin' Step: Aerobic exercise through use of an elevated platform

Groov3 & Z-Blast: Choreographed dance party for all fitness levels

Hard Core: Excellent way to develop both strength and cardiovascular endurance

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

Tai Chi: Balance, muscle tone, agility & flexibility

Tone It Back & Triple Toning: 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