



Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am Power Hour Aerobics Room <i>Steve</i>		5:00-6:00am Power Hour Aerobics Room <i>Steve</i>		5:00-6:00am Power Hour Aerobics Room <i>Steve</i>	
	5:30-6:00a.m. Cycle Spin Room <i>Lori</i>		5:30-6:00a.m. Cycle Spin Room <i>Lori</i>		
8:00-8:55a.m. Spin Spin Room <i>Lisa</i>		8:00-8:55a.m. Spin Spin Room <i>Lisa</i>		8:00-8:55a.m. Spin Spin Room <i>Lisa</i>	9:00-10:00a.m Cardio Boxing Aerobics Room <i>Matt</i>
8:00-9:00a.m. Dance Aerobics Aerobics Room <i>Lindsay</i>		8:00-9:00a.m. Dance Aerobics Aerobics Room <i>Lindsay</i>			
9:00-9:55a.m. Body HIIT Aerobics Room <i>Lisa</i>		9:00-9:55a.m. Body HIIT Aerobics Room <i>Lisa</i>		9:00-9:55a.m. Body HIIT Aerobics Room <i>Lisa</i>	
9:15-10:15a.m. Yoga Dance Studio <i>Danette</i>		9:15-10:15a.m. Yoga Dance Studio <i>Penny</i>		9:15-10:15a.m. Yoga Dance Studio <i>Penny</i>	
10:25-11:25a.m. Tai Chi Dance Room <i>Betsy</i>				10:25-11:25a.m. Tai Chi Dance Room <i>Betsy</i>	
	12:00-12:45pm Lunch Crunch Cardio B <i>Lindsay</i>		12:00-12:45pm Lunch Crunch Cardio B <i>Lindsay</i>		
5:00-5:45p.m Total Body Conditioning Aerobics Room <i>Matt</i>	5:30-6:15p.m. Cycle Spin Room <i>Lori</i>	5:00-5:30p.m Quick Box Aerobics Room <i>Matt</i>	5:30-6:15p.m. Cycle Spin Room <i>Lori</i>		
6:00-6:45p.m. Yoga Aerobics room <i>Linda</i>	6:30-7:15p.m. Body HIIT Aerobics Room <i>Lori</i>	6:00-6:45p.m. Yoga Aerobics room <i>Stephanie</i>	6:30-7:15p.m. Body HIIT Aerobics Room <i>Lori</i>		
		<i>Revised 12/23/2022</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 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 Lori	9-10:15a.m. Aquacise Danette	9-10:15a.m. Aquacise Lori	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:

Aquacise: Fun & energized workout in the pool

Body HIIT: Customized weights, interval training. Total body workout

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

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

Dance Aerobics: A fun workout to tone and strengthen your body

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

Lunch Crunch: A 45-minute full body work out, great for staying active on your lunch break

Power Hour: Variety of timed interval training

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

Spin: 30-45 minutes of cycling with hill climbs, sprints, and flat riding

Tai Chi: Balance, muscle tone, agility & flexibility

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

Yoga: Excellent way to get a thorough stretch and achieve relaxation