



NAUTILUS

Quick Schedule Calendar

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Turbo Kick DENISON	Cardio Strength Camp PARKWAY	Power Cycle PARKWAY Cardio Strength Camp DENISON		Power Cycle PARKWAY	
8:00 am		Pilates PARKWAY		Pilates PARKWAY		Body Blast PARKWAY
8:15 am					Fitness Yoga PARKWAY	
8:30 am	Zumba® LADY				Zumba® LADY	Power Yoga DENISON
8:45 am						
9:00 am	Best of Both DENISON	Silver Sneakers® PARKWAY Power Cycle PARKWAY	Zumba® WEST	Silver Sneakers® PARKWAY Rock Bottom Cycle PARKWAY	Aqua Zumba® TENNIS AND SWIM Body Blast DENISON	Power Step+ PARKWAY Step Basic WEST
9:15 am	Power Step PARKWAY		Power Step PARKWAY Body Blast DENISON		Pilates WEST	
9:30 am	Awesome Abs LADY Total Body Fusion DENISON	Zumba® DENISON		Zumba® DENISON	Power Step+ PARKWAY Awesome Abs LADY	
9:45 am	Fitness Yoga PARKWAY	Zumba® PARKWAY		Zumba® PARKWAY		Awesome Abs DENISON
10:00 am		Aqua Fit TENNIS AND SWIM	Awesome Abs WEST	Aqua Fit TENNIS AND SWIM		Super Cycle PARKWAY
10:15 am	Silver Sneakers Yoga® WEST		Silver Sneakers Yoga® WEST			
10:30 am	Keep Moving DENISON	Awesome Abs PARKWAY	Keep Moving DENISON	Awesome Abs PARKWAY	Keep Moving DENISON	
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 am		Kids in Motion PARKWAY				
11:00 am						Aqua Zumba® TENNIS AND SWIM
12:00 pm	Power Cycle PARKWAY				Cardio Strength Camp PARKWAY	
12:15 pm			Fitness Yoga PARKWAY			
4:15		Total Body Fusion LADY		Fitness Yoga PARKWAY First Step LADY		
4:30	Cardio Strength Camp PARKWAY Zumba® WEST		Cardio Strength Camp PARKWAY	Rock Bottom Cycle PARKWAY		
4:45	Zumba® LADY		Body Blast WEST Cardio Strength Camp LADY			
5:00		Pilates LADY Yoga Stretch WEST		Pilates LADY		
5:15	Awesome Abs WEST	Awesome Abs PARKWAY	Buns, Thighs, & Hips DENISON	Power Step PARKWAY		
5:30	Buns, Thighs, & Hips PARKWAY Super Cycle PARKWAY Body Blast WEST Fitness Yoga LADY Power Step DENISON Aqua Fit TENNIS AND SWIM	Body Blast PARKWAY Rock Bottom Cycle PARKWAY	Buns, Thighs, & Hips PARKWAY Super Cycle PARKWAY Fitness Yoga LADY Step Basic DENISON Aqua Fit TENNIS AND SWIM	Buns, Thighs, & Hips WEST Best of Both DENISON	Cardio Strength Camp PARKWAY Body Blast DENISON	
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45	Step Basic PARKWAY	Step Basic WEST Awesome Abs LADY Zumba® DENISON Aqua Zumba® TENNIS AND SWIM	Step Basic PARKWAY Cardio Express WEST	Step Basic WEST Nauti-Bodies LADY		
6:00		Buns, Thighs, & Hips LADY		Power Cycle PARKWAY Zumba® PARKWAY		
6:15	Belly Dance LADY Awesome Abs DENISON	First Step LADY	Fitness Yoga WEST Awesome Abs DENISON			
6:30	Body Blast PARKWAY Power Step WEST Body Blast DENISON	Fitness Yoga PARKWAY Awesome Abs WEST Turbo Kick DENISON	Body Blast PARKWAY Zumba® LADY Body Blast DENISON	Body Blast WEST Yoga-lates DENISON Total Body Fusion LADY		
6:45		Zumba® WEST				
7:45		Killer Core WEST				