



# NAUTILUS

## Quick Schedules by CLASS

CARDIO FORMATS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First Step		6:15 pm Lady		4:15 pm Lady		
Step Basic	5:45 pm Pkwy	5:45 pm West	5:30 pm Den 5:45 pm Pkwy	5:45 pm West		9:00 am West
Power Step	9:15 am Pkwy 5:30 pm Den 6:30 pm West		9:15 am Pkwy	5:15 pm Pkwy	9:30am Pkwy	9:00 am Pkwy
Cardio Express			5:45 pm West			
Power Cycle	12:00 pm Pkwy	9:00 am Pkwy	6:00 am Pkwy	6:00 pm Pkwy	6:00 am Pkwy	
Super Cycle	5:30 pm Pkwy		5:30 pm Pkwy			10:00 am Pkwy
Aqua Fit	5:30 pm Tennis	10:00 am Tennis	5:30 pm Tennis	10:00 am Tennis		

CARDIO/STRENGTH COMBO & INTERVAL FORMATS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Kickboxing						
Turbo Kick	6:00 am Den	6:30 pm Den				
Best of Both	9:00 am Den			5:30 pm Den		9:45 am Den (alt.)
Cardio/Strength Camp	6:00 am Den  4:30 pm Pkwy	6:00 am Pkwy	6:00 am Den  4:30 pm Pkwy 4:45 pm Lady		12:00 pm Pkwy 5:30 pm Pkwy	
Keep Moving	10:30 am Den		10:30 am Den		10:30 am Den	
Rock-Bottom Cycle	5:45 pm Pkwy	5:30 pm Pkwy		9:00 am Pkwy		

MIND BODY FORMATS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Yoga	10:00 am Pkwy 5:30 pm Lady	6:30 pm Pkwy	12:15 pm Pkwy 5:30 pm Lady 6:15 pm West	4:15 pm Pkwy	8:15 am Pkwy	
Power Yoga						8:30 am Den
Yoga-Lates				6:30 pm Den		
Pilates		8:00 am Pkwy 5:00 pm Lady		8:00 am Pkwy 5:00 pm Lady 6:30 pm Den	9:15 am West	

STRENGTH & BODY SPECIFIC FORMAT						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Blast Barbell	5:30 pm West 6:30 pm Pkwy 6:30 pm Den	5:30 pm Pkwy	9:15 am Den 6:30 pm Pkwy 6:30 pm Den 6:30 pm West	6:30 pm West	9:00 am Den 5:30 pm Den	8:00 am Pkwy
Buns, Thighs, & Hips	5:30 pm Pkwy	6:00 pm Lady	5:15 pm Den	5:30 pm West		
Awesome Abs	9:30 am Lady 5:15 pm West 6:15 pm Den	10:30 am Pkwy 5:15 pm Pkwy 5:45 pm Lady 6:30 pm West	5:30 pm Pkwy 6:15 pm Den 6:15 pm Lady	10:30 am Pkwy	9:30 am Lady	9:45 am West
Killer Core		7:45 pm West				
Total Body Fusion		4:15 pm Lady		6:30 pm Lady		

DANCE FITNESS FORMATS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba®	8:30 am Lady  4:30 pm West 4:45 pm Lady	9:30 am Den 9:45 am Pkwy 5:45 pm Den 6:45 pm West	9:00 am West  6:30 pm Lady	9:30 am Den 9:45 am Pkwy  6:00 pm Pkwy	8:30 am Lady	9:45 am Den (alt.)
Aqua Zumba®		5:45 pm Tennis			9:00 am Tennis	11:00 am Tennis
Nauti-Bodies				5:45 pm Lady		
Belly Dancing	6:15 pm Lady					

SPECIAL POPULATIONS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers®		9:00 am Pkwy		9:00 am Pkwy		
Silver Sneakers Yoga®	10:15 am West		10:15 am West			
Kids in Motion		10:45 am Pkwy				