

# Nautilus staying on top of fitness trends

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For The Telegraph

ALTON - Nautilus Fitness Center has been dedicated to its members for 35 years by keeping up with the latest trends and focusing on their members' comfort.

Nautilus was chosen to be June's Business of the Month by the RiverBend Growth Association.

"It's an honor. Not everyone can accomplish this. We take a lot of pride in it," Nautilus sales manager Susie Sweetman said.

Sweetman said members of the community submit nominations. After that, the growth association convenes a selection committee. From there, they decide who wins the award.

Sweetman has been with Nautilus for 20 years. She has been an instructor, a personal trainer and has been in charge of boot camps - just a few examples of what she has accomplished in her time at Nautilus. Her comprehensive experience led to her being hired as the sales manager.

Nautilus is privately owned and is not part of a chain. Nautilus first opened for business in 1979 on Elm Street with 12 machines. In 1981, they moved to their current location and began expanding each year.

Seven years ago, Nautilus was purchased by Vern Van Hoy. Another owner is Brian Campbell.

Sweetman said they strive to cater to members and are dedicated to getting to personally know each one of them. Nautilus donates passes to schools and to special causes. The fitness center supports local schools and they have been supporting the Downtown Alton Fourth of July fireworks for the last three years.

In addition to getting the latest exercise equipment, Nautilus has started a cross-fit gym at 2600 State St., a few miles from Nautilus.

Nautilus is affiliated with Curves in Godfrey.

"We offer, to those who joins Curves in Godfrey, chances to use Nautilus Fitness Center," Sweetman said.

New members will receive three free personal training sessions.

"We are doing this for the wellness of our members and to make our members have the best for their workouts," Sweetman said.

Along with its family-friendly atmosphere, the club offers classes for adults and children. They also accommodate members with children by providing a play area.

Nautilus has plenty of machines so there is no waiting. Members have access to a pool, tanning and massage therapy.

"We've had members since the gym opened who continue to stay with us," she said.

Nautilus also offers corporate discounts.

"Even with insurance, and with people who have become health-conscious with obesity being on the rise, insurance companies are now offering discounts for their employees for gym memberships," she said.

Nautilus has added a new machine, the Power Plate, a 60-minute whole-body gym workout in just 15 minutes. Power Plate transfers vibrations to selected muscles around the body and makes them contract, helping them stretch, tone and strengthen.

"Nobody else has the Power Plate," Sweetman said.

"We want to be the community's fitness center, and that's what we strive for," she said.

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Nautilus Fitness Center

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