

# Back to School!?

**\$150  
FOR 1 YEAR\***

When you join 24 Hour Nautilus, you not only have full use of all our facilities, you have the opportunity to participate in a number of classes and instructions offered all year round, for FREE. With your low monthly fee you can work out with our Nautilus equipment, free weights, indoor swimming, indoor running, relax in our steam and saunas, enjoy our whirlpool and more. And we will be open 24 hours a day, 7 days a week.



You'll be able to participate in aerobics and exercise classes, ballet, yoga, self-defense instruction, ski conditioning, swim-nastics and more. All are included in your low monthly fee. All our classes are instructed by experts in their fields with classes made available to meet your schedule and fitness needs. We also provide free babysitting services at our nursery. So make 24 Hour Nautilus a part of your daily schedule and enroll today. You can't join any cheaper than right now.

**24<sup>HOUR</sup> Nautilus**  
Swim and Fitness Center, Inc.

Lincoln  
1400 N. 48th Street  
467-5551

\* 12 month membership paid in full