

Andersonville Group Exercise Schedule: Summer 2008 (May 1-Aug 31) As of 5.1.08

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Pilates 6:30-7:30a (Rm 1) Norris Tomlinson		Yoga 6:30-7:30a (Rm 1) Tomoko Horikawa		Hot Bod 6:30-7:30a (Rm 1) Paula Nixon	Adv. Pilates 8:30-9:30a (Rm 1) Norris Tomlinson Free Wheeln™ 9:00-10:00a (Rm 2) Kathy Liebich Cardio KB 9:30-10:30a (Rm 1) Nicole Thomas Abs 10:30-11:00a (Rm 1) Nicole Thomas Hot Bod 11:00-Noon (Rm 1) Nicole Thomas	Beach Bod Cardio 9:00-9:30a (Rm 1) Melissa/Shannon Hot Bod 9:30-10:30a (Rm 1) Melissa/Shannon Abs 10:30-11:00a (Rm 1) Melissa/Shannon Hatha Yoga 11:30-1:00p (Rm 1) Patricia Hyland
Lunch	Beg-Int Pilates 11:30A-12:30p (Rm 1) Paula Nixon	Vinyasa Flow 12:00-1:30p (Rm 1) Devin Bercaw	Bosu Interval 11:30A-12:30p (Rm 1) Paula Nixon	Pilates 12:00-1:00p (Rm 1) Meghan Thompson	Yoga 12:00-1:30p (Rm 1) Tomoko Horikawa Free Wheeln™ 12:30-1:30p (Rm 2) Heather Riordan	Cardio Bosu 12:00-1:00p (Rm 1) Paula Nixon Free Wheeln™ 2:00-3:00p (Rm 2) Kortney Peagram	Ashtanga Yoga 1:00-2:30p (Rm 1) Patricia Hyland Free Wheeln™ 4:00-5:00p (Rm 2) Heather Riordan
PM	Hatha Yoga 5:30-6:30p (Rm 1) Patricia Hyland Free Wheeln™ 6:30-7:30p (Rm 2) Drew Jemilo Power Step 6:30-7:30p (Rm 1) Rupert Serrano Vinyasa Flow 7:30-9:00p (Rm 1) Patricia Hyland Free Wheeln™ 7:35-8:35p (Rm 2) Drew Jemilo	Abs 5:30-6:00p (Rm 1) Heather Riordan Tread Train™ 6:00-6:30p (Rm 2) Heather Riordan Cardio KB 6:00-7:00p (Rm 1) DeShawna Curtis Free Wheeln™ 6:00-7:00p (Rm 2) Monika Kowal Hot Bod 7:00-8:00p (Rm 1) DeShawna Curtis Tri-Train™ 7:00-8:00p (Rm 2) Monika Kowal	Advanced Yoga 5:00-6:30p (Rm 1) Bhakti Turner Free Wheeln™ 6:30-7:30p (Rm 2) Heather Riordan Vinyasa Flow 7:30-9:00p (Rm 1) Tony Howard	Abs 5:30-6:00p (Rm 1) Lisa Clay Contact Boxing 6:00-7:00p (Rm 1) Lisa Clay Free Wheeln™ 6:00-7:00p (Rm 2) Nicole Thomas Hot Bod 7:00-8:00p (Rm 1) Nicole Thomas	Yoga 5:30-7:00p (Rm 1) Tomoko Horikawa	Vinyasa Flow 4:00-5:00p (Rm 1) Rotates Master Class\$ 5:00-6:15p (Rm 1) TBD	

Visit www.cheetahgym.com for the most current class schedule and subs.

Program Director: Lisa Siefert
 Lsiefert@cheetahgym.com

NEW Classes in Italics

Rm1: First Floor
 Rm2: Second Floor

\$Master Classis a free class offered one Saturday/month. Planned classes include Ballet, Tango, Modern, Jazz, etc. The schedule was not available at print time. Please check the website for the confirmed schedule and featured instructors. No sign up required. It is first come, first serve for space.

**All Equipment Classes (Free Wheeln™, Tri-Train™, Tread Train™) require a reservation at Front Desk. All reservations will be released 5 minutes before class in order to ensure sufficient set up time.