

EDGEWATER Group X Schedule SPRING/SUMMER (April 1st – August 31st) updated 4/1/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Reformer 6:30-7:30a** Paula N.		Pilates Mat 6:30-7:30a Paula N.			
	Hot Bod 9:15-10:15 Kristy V.	Tread Train 8:00-8:30a (floor) Erin N.	Hot Bod 9:15-10:15a Daniela S.	Contours 9:00-9:30a Matthew H.	Hot Bod 9:15-10:15a Daniela S.	Reformer 8:30-9:30a** Jane T.	Pilates Mat 9:00-10:00a Paula N.
		Hardcore Abs 8:30-9:00a Erin N.	Hatha Yoga 10:30-11:45a Amy P.	Tread Train 9:00-9:30a (floor) Deborah C.	Hatha Yoga 10:30-11:45a Bhakti T.	Core Yoga 9:30-10:30a Jane T.	Interval Training 10:00-11:00a Monika K.
		Contours 9:00-9:30a (floor) Matthew H.		Hard Core Abs 9:30-10:00a Deborah C.		Hot Bod 10:30-11:30a Hisham P.	Beg-Int Reformer 11:00-12:00p** Paula N.
		Rejuvenate 10:00-11:00a Deborah C.		Rejuvenate 10:00-11:00a Deborah C.		Free Wheelin' 11:30-12:30p Hisham P.	
Lunch							Belly Dance 1:30-2:30p Sophia G.
	Pre/Post Natal Yoga 4:00-5:00p Bhakti T.						Yoga 2:30-4:00p Janet M.
PM	Pilates Mat 6:30-7:30p Melissa M.	Hatha Yoga 5:45-7:15p Amy P.	Cardio Kickbox 5:30-6:30p Daniela S.	Vinyasa Flow 6:00-7:00p Tomoko H.	Gravity Interval 6:00-7:00p Matthew H.	Community Yoga 4:00-5:00p Amy P.	
	Hot Bod 7:30-8:30p Greg S.	Zumba! 7:15-8:00p Kristy V.	Reformer 6:30-7:30p** Norris T.	Salsa-licious 7:00-7:45p Jose T.			
		Hardcore Abs 8:00-8:15pm Kristy V.	Bollywood Aerobics! 7:30-8:30p Phaedra	Hardcore Abs 7:45-8:00p Jose T.			
		Gravity Interval 8:15-9:30 Matthew H.		Belly Dancing 8:00-9:00p Sophia G.	=	Indicates Class Change!	

Class reservation tickets available at the front desk up to 90 minutes prior to each class start time.

**** Indicates Completion of required Total Pilates Package to attend class. View class substitutions and schedule updates at:
www.cheetahgym.com**