



APRIL GROUP FITNESS SCHEDULE

Focus on Environmental Fitness this Month
Reduce, Reuse and Recycle!
Keep the Planet Green



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

EARLY MORNING GROUP FITNESS

No Childcare Available

5:15-6:30am MASTERS SWIM Jody		5:15-6:30am MASTERS SWIM Jody		5:15-6:30am MASTERS SWIM Jody	*An astericks indicates a paid program
5:30-6:15am CYCLING/SPIN Victoria	5:30-6:15am TRUE GRIT Jill M	5:30-6:15am TRUE GRIT I.T.	5:30-6:15am CYCLING/SPIN Jill M	5:30-6:15am TRUE GRIT Tiffany	
7:00-8:00am MASTERS SWIM Jody		7:00-8:00am MASTERS SWIM Jody		7:00-8:00am MASTERS SWIM Jody	7:15-8:15AM MASTERS SWIM Jody



CHEVAL
GOLF AND ATHLETIC CLUB
4142 Cheval Blvd
Lutz, FL 33558
813.279.5122
chevalgac.com

CLUB HOURS
Mon-Fri:
5am-9pm
Sat: 7am-4pm
Sun: 8am-4pm

Everything highlighted in yellow is either NEW or CHANGED this month.

MID-MORNING GROUP FITNESS

Childcare Available

8:00-8:30am TRX Victoria	8:00-9:00am CARDIO TENNIS Tennis Pro		8:00-8:30am TRX Christine	8:00-9:00am CARDIO TENNIS Tennis Pro	8:00am PICK-UP BASKETBALL Member Lead	9:30-10:30am 20/20/20
8:30-9:30am REFIT® REVOLUTION Carolyn	8:30-9:30am REFIT® REVOLUTION Carolyn	8:30-9:30am ZUMBA Jill S		8:15-9:00am CORE FITNESS Victoria	8:00-8:30am *SWIM DRYLAND Victoria	
8:40-9:25am CYCLING/SPIN Jill M		8:45-9:45am CYCLING/SPIN Paul		9:00am Start PICKLE BALL Member Lead	8:30-9:30am CYCLING/SPIN March 30 - Jill April 6 - Jill April 13 - Victoria April 20 - Victoria April 27 - Jill	CHILDCARE HOURS Mon-Thu: 8am-12pm 4:30-8:30pm Fri/Sat: 8am-12pm Sun: 8am-11:15am
9:30-10:30am CYCLING/SPIN Jill M	9:30-10:30am PURE STRENGTH Lisa	9:30-10:15am INSANE-AC Christine	9:30-10:30am PURE STRENGTH Christine	9:00-10:00am ZUMBA Jill S		
9:30-10:00am CORE FITNESS Christine	10:30-11:00Am XPRESS STRETCH Lisa	10:15-11:15am MASTERS SWIM Jody	9:30-10:30am RUN GROUP Jill	9:00-10:00am *INTENSE CARDIO Tennis Pro (\$10 charge)	9:10-9:40am PURE STRENGTH Cathy	
10:00-11:00am HATHA FLOW YOGA Christine		10:15-11:15am ALIGNMENT YOGA Ron	10:30-11:00Am XPRESS YOGA Christine	9:10-10:10am CYCLING/SPIN Kris	9:40-10:10am INSANE-AC Cathy	
11:00-11:30am MEDITATION Christine			11:00am-12:00pm FOREVER FIT Holly H	10:15-11:00am ALL OUT EFFORT! Kris	10:15-11:15am HATHA FLOW YOGA Cathy	
	12:00pm-1:00pm STRETCH & MOBILITY Yoga - Danialle			11:00am-12:15pm POWER YOGA Christine		

NEW GOAL: Train for your first triathlon! Contact Jill for more Information at jmartino@chevalgac.com.

MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



APRIL GROUP FITNESS SCHEDULE

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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

EVENING GROUP FITNESS


Childcare Available

6:00-7:00pm ALIGNMENT YOGA Ron	6:15-7:15pm HATHA FLOW YOGA Kathy	6:00-7:00pm HATHA FLOW YOGA Danialle			*An asterisks indicates a paid program
6:00-6:45pm OUTDOOR BOOT CAMP RAIN OR SHINE Tiffany -Basketball Court	6:15-7:15pm RUN GROUP Tracy Driveway Entrance		7:15-8:00pm MASTERS SWIM Jody - stay for both!	If you can't make it to a class, check out the WORKOUT OF THE DAY on the Whiteboard in the Fitness Center or schedule a personal training session!	
6:00-6:45pm OUTDOOR BOOT CAMP RAIN OR SHINE Tiffany -Basketball Court	7:30-8:00pm Swim Skills & Drills Tracy Pool	7:00-8:00pm CARDIO TENNIS Tennis Pro	8:00-9:00pm MASTERS SWIM Jody - stay for both!	Hoping to add an evening Spin class to the summer schedule!	

Everything Highlighted in Yellow is either NEW or CHANGED this month.

AFTERNOON YOUTH SPORTS TRAINING

*Additional Charge - GHOST TRAINING FITNESS with Jamar (Ghost) and Coryon (C-Ross)

NTA Swim Dryland 3:00-3:30pm - Victoria	Maximum Athletes Per Session is 10, so sign-up quickly! Use the online form at www.chevalgac.com to register.				Triple Crown Racing TRIATHLON CLUB SWIM, BIKE, OR RUN? Want to train for your first 5k, Marathon, Duathlon, etc? Or Maybe you have a time goal you want to meet, or simply want to hang out with people of similar interests? Email Jill Martino at jmartino@chevalgac.com to find out more information and/or to be added to our email list and private facebook group.  TRIPLE CROWN RACING CHEVAL ATHLETIC CLUB
3:30-4:00pm Grades K-1	3:30-4:00pm Grades K-1	3:30-4:00pm Grades K-1	3:30-4:00pm Grades K-1	3:30-4:00pm Grades K-1	
4:00-4:30pm Grades 2nd-5th	4:00-4:30pm Grades 2nd-5th	NTA Swim Dryland 4:00-4:30pm - Lisa	4:00-4:30pm Grades 2nd-5th	4:00-4:30pm Grades 2nd-5th	
4:30-5:15pm Advanced Athletes (typically High School age)	4:30-5:15pm Advanced Athletes (typically High School age)	4:30-5:15pm Advanced Athletes (typically High School age)	4:30-5:15pm Advanced Athletes (typically High School age)	4:30-5:15pm Advanced Athletes (typically High School age)	
NTA Swim Dryland 5:15-5:45pm - Tiffany	5:15-6:00pm Intermediate Athletes (typically Middle School)	5:15-6:00pm Intermediate Athletes (typically Middle School)	5:15-6:00pm Intermediate Athletes (typically Middle School)	5:15-6:00pm Intermediate Athletes (typically Middle School)	

NORTH TAMPA AQUATICS (NTA) SWIM TEAM POOL SCHEDULE

*Additional Charge - Includes Morning & Evening Practices - Dryland Training Also Included

2:00-2:45pm NTA-Developmental 1 Elementary		3:00-3:45pm NTA-Developmental 1 Elementary		3:00-3:45pm NTA-Developmental 1 Elementary		A LANE WILL ALWAYS BE MADE AVAILABLE FOR ANYONE WANTING TO SWIM LAPS Swim Evaluations Mondays - 3:00-4:30pm Saturdays - 10:30-11:30am Appointment Only Contact Coach Nicole for more information at NicoleNTA@chevalgac.com 813.279.5122 
3:00-4:00pm NTA-Developmental 2 Elementary	3:00-4:00pm NTA-Developmental 2 Elementary		3:00-4:00pm NTA-Developmental 2 Elementary			
3:00-3:30pm (dryland) 3:30-5:30pm (swim) Senior Competitive High School	5:45-7:00AM 4:00-6:00pm Senior Competitive High School	4:00-4:30pm (dryland) 4:30-6:30pm (swim) Senior Competitive High School	5:45-7:00AM 4:00-6:00pm Senior Competitive High School	4:30-6:30pm Senior Competitive High School	8:00-8:30am (dryland) 8:30-10:30am (swim) Jr & Sr Competitive Middle & High School	
5:30-6:45pm NTA-Developmental 3	6:00-7:15pm NTA-Developmental 3		6:00-7:15pm NTA-Developmental 3			
5:15-5:45pm (dryland) 5:45-7:15pm (swim) Junior Competitive Middle School	6:00-7:30pm Junior Competitive Middle School	5:15-6:45pm Junior Competitive Middle School	6:00-7:30pm Junior Competitive Middle School	5:15-6:45pm Junior Competitive Middle School		