

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

EARLY MORNING GROUP FITNESS						
No Childcare Available						
5:15-6:30am <b>MASTERS SWIM</b> Jody		5:15-6:30am <b>MASTERS SWIM</b> Jody		5:15-6:30am <b>MASTERS SWIM</b> Jody	<i>*An astericks indicates a paid program</i>	
5:30-6:15am <b>CYCLING/SPIN</b> Victoria	5:30-6:15am <b>TRUE GRIT</b> Jill M	5:30-6:15am <b>TRUE GRIT</b> I.T.	5:30-6:15am <b>CYCLING/SPIN</b> Jill M	5:30-6:15am <b>TRUE GRIT</b> Tiffany		
	6:15-7:00am <b>PIYO</b> Jill M					
7:00-8:00am <b>MASTERS SWIM</b> Jody		7:00-8:00am <b>MASTERS SWIM</b> Jody		7:00-8:00am <b>MASTERS SWIM</b> Jody	7:15-8:15AM <b>MASTERS SWIM</b> Jody	

**CHEVAL**  
GOLF AND ATHLETIC CLUBS  
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 <b>TRX</b> Victoria	8:00-9:00am <b>CARDIO TENNIS</b> Tennis Pro		8:00-8:30am <b>TRX</b> Christine	8:00-9:00am <b>CARDIO TENNIS</b> Tennis Pro	8:00am <b>PICK-UP BASKETBALL</b> Member Lead	9:30-10:30am <b>20/20/20</b> Feb 3 - Cathy Feb 10 - Christine Feb 17 - Cathy Feb 24 - Victoria
8:30-9:30am <b>REFIT® REVOLUTION</b> Carolyn	8:30-9:30am <b>REFIT® REVOLUTION</b> Carolyn	8:30-9:30am <b>ZUMBA</b> Jill S		8:15-9:00am <b>CORE FITNESS</b> Victoria	8:00-8:30am <b>*SWIM DRYLAND</b> Victoria	
8:40-9:25am <b>CYCLING/SPIN</b> Jill M		8:45-9:45am <b>CYCLING/SPIN</b> Paul		9:00am Start <b>PICKLE BALL</b> Member Lead	8:30-9:30am <b>CYCLING/SPIN</b> Feb 2 - Jill Feb 9 - Paul Feb 16 - Jill Feb 23 - Kris	
9:30-10:30am <b>CYCLING/SPIN</b> Jill M	9:30-10:30am <b>PURE STRENGTH</b> Lisa	9:30-10:15am <b>INSANE-AC</b> Christine	9:30-10:30am <b>PURE STRENGTH</b> Christine	9:00-10:00am <b>ZUMBA</b> Jill S		<b>CHILD CARE HOURS</b>  Mon-Thu: 8am-12pm 4:30-8:30pm  Fri/Sat: 8am-12pm  Sun: 8am-11:15am
9:30-10:00am <b>CORE FITNESS</b> Christine	10:30-11:00Am <b>XPRESS STRETCH</b> Lisa	10:15-11:15am <b>MASTERS SWIM</b> Jody	9:30-10:30am <b>RUN GROUP</b> Jill	9:00-10:00am <b>*INTENSE CARDIO</b> Tennis Pro (\$10 charge)	9:10-9:40am <b>PURE STRENGTH</b> Cathy	
10:00-11:00am <b>HATHA FLOW YOGA</b> Christine		10:15-11:15am <b>ALIGNMENT YOGA</b> Ron	10:30-11:00Am <b>XPRESS YOGA</b> Christine	9:10-10:10am <b>CYCLING/SPIN</b> Kris	9:40-10:10am <b>INSANE-AC</b> Cathy	
11:00-11:30am <b>MEDITATION</b> Christine			11:00am-12:00pm <b>FOREVER FIT</b> Holly H	10:15-11:00am <b>ALL OUT EFFORT!</b> Kris	10:15-11:15am <b>HATHA FLOW YOGA</b> Heather	
	12:00pm-1:00pm <b>STRETCH &amp; MOBILITY</b> Yoga - Danelle			11:00am-12:15pm <b>POWER YOGA</b> Christine		

**MY WORKOUT SCHEDULE THIS MONTH:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



# February

## GROUP FITNESS SCHEDULE

National Heart Month - Focus on Cardiovascular Activity

Evening Schedule

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

### EVENING GROUP FITNESS

Childcare Available

6:00-7:00pm <b>ALIGNMENT YOGA</b> Ron	6:00-7:00pm <b>HATHA FLOW YOGA</b> Kathy	6:00-7:00pm <b>HATHA FLOW YOGA</b> Danialle	6:00-7:00pm <b>YIN YOGA</b> Ron	<i>If you can't make it to a class, check out the <b>WORKOUT OF THE DAY</b> on the Whiteboard in the Fitness Center or schedule a personal training session!</i>	<i>*An asterisks indicates a paid program</i>
6:00-6:45pm <b>OUTDOOR BOOT CAMP</b> <b>RAIN OR SHINE</b> Tiffany -Basketball Court	6:15-7:15pm <b>RUN GROUP</b> Tracy Driveway Entrance	7:00-8:00pm <b>CARDIO TENNIS</b> Tennis Pro	7:15-8:00pm 8:00-9:00pm <b>MASTERS SWIM</b> Jody - stay for both!	<i>We would love to add evening Indoor Cycling (Spin) to the schedule if the interest is there. Just email Jill at <a href="mailto:jmartino@chevalgac.com">jmartino@chevalgac.com</a> and let us know what day, time and if you have an instructor preference.</i>	

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

<b>AFTERNOON YOUTH SPORTS TRAINING</b>					<b>Triple Crown Racing TRIATHLON CLUB</b>  <b>SWIM, BIKE, OR RUN?</b> 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 <a href="mailto:jmartino@chevalgac.com">jmartino@chevalgac.com</a> to find out more information and/or to be added to our email list and private facebook group.  
*Additional Charge					
<b>3:00-6:00pm MONDAY-FRIDAY</b>					
<b>DETAILS COMING SOON!</b>					
NTA Swim Dryland 3:00-3:30pm - Victoria					
		NTA Swim Dryland 4:00-4:30pm - Lisa			

### NORTH TAMPA AQUATICS (NTA) SWIM TEAM POOL SCHEDULE

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

2:00-2:45pm <b>NTA-Developmental 1</b> Elementary		3:00-3:45pm <b>NTA-Developmental 1</b> Elementary		3:00-3:45pm <b>NTA-Developmental 1</b> Elementary		<p><b>A LANE WILL ALWAYS BE MADE AVAILABLE FOR ANYONE WANTING TO SWIM LAPS</b></p> <p><b>Swim Evaluations</b> Tue/Thu: 3:00-4:00pm</p> <p>Contact Coach Nicole for more information at <a href="mailto:NicoleNTA@chevalgac.com">NicoleNTA@chevalgac.com</a></p> 
3:00-4:00pm <b>NTA-Developmental 2</b> Elementary	3:00-4:00pm <b>NTA-Developmental 2</b> Elementary		3:00-4:00pm <b>NTA-Developmental 2</b> Elementary			
3:00-3:30pm (dryland) 3:30-5:30pm (swim) <b>Senior Competitive</b> High School	5:45-7:00AM 4:00-6:00pm <b>Senior Competitive</b> High School	4:00-4:30pm (dryland) 4:30-6:30pm (swim) <b>Senior Competitive</b> High School	5:45-7:00AM 4:00-6:00pm <b>Senior Competitive</b> High School	4:30-6:30pm <b>Senior Competitive</b> High School	8:00-8:30am (dryland) 8:30-10:30am (swim) <b>Jr &amp; Sr Competitive</b> Middle & High School	
5:30-6:45pm <b>NTA-Developmental 3</b>	6:00-7:15pm <b>NTA-Developmental 3</b>		6:00-7:15pm <b>NTA-Developmental 3</b>			
5:15-5:45pm (dryland) 5:45-7:15pm (swim) <b>Junior Competitive</b> Middle School	6:00-7:30pm <b>Junior Competitive</b> Middle School	5:15-6:45pm <b>Junior Competitive</b> Middle School	6:00-7:30pm <b>Junior Competitive</b> Middle School	5:15-6:45pm <b>Junior Competitive</b> Middle School		

### MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY