

MARCH GROUP FITNESS SCHEDULE

NATIONAL NUTRITION MONTH



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 March 3 - Cathy March 10 - Victoria March 17 - Victoria March 24 - Victoria March 31 - Cathy April 7 - Victoria
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 2 - Victoria March 9 - Kris March 16 - Jill March 23 - Victoria March 30 - Jill	
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		CHILDCARE HOURS Mon-Thu: 8am-12pm 4:30-8:30pm Fri/Sat: 8am-12pm Sun: 8am-11:15am
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 -----and----- 9:40-10:10am INSANE-AC	
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	March 2 - Cathy March 9 - Christine March 16 - Tiffany March 23 - Victoria March 30 - Tiffany	
11:00-11:30am MEDITATION Christine			11:00am-12:00pm FOREVER FIT Holly H	10:15-11:00am ALL OUT EFFORT! Kris		
	12:00pm-1:00pm STRETCH & MOBILITY Yoga - Danialle			11:00am-12:15pm POWER YOGA Christine	10:15-11:15am HATHA FLOW YOGA March 2 - Kathy? March 9 - Christine March 16 - Tiffany March 23 - Kathy? March 30 - Tiffany	

NEW GOAL: Train for your first triathlon! Info Meeting on Tuesday, March 12 at 6:30pm

MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MARCH GROUP FITNESS SCHEDULE

NATIONAL NUTRITION MONTH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

EVENING GROUP FITNESS

Childcare Available

6:00-7:00pm ALIGNMENT YOGA Ron	6:00-7:00pm HATHA FLOW YOGA Kathy	6:00-7:00pm HATHA FLOW YOGA Danialle	6:00-7:00pm YIN YOGA Ron	<i>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!</i>	<i>*An asterisks indicates a paid program</i>
6:00-6:45pm OUTDOOR BOOT CAMP RAIN OR SHINE Tiffany -Basketball Court	6:15-7:15pm RUN GROUP Tracy Driveway Entrance	7:00-8:00pm CARDIO TENNIS Tennis Pro	7:15-8:00pm 8:00-9:00pm MASTERS SWIM 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 jmartino@chevalgac.com 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.

AFTERNOON YOUTH SPORTS TRAINING

*Additional Charge - FREE DEMO MARCH 4 AND 5; Q&A from 6:00-6:30pm in Lobby

FREE DEMO - Mon, March 4 - Grades K-2, 4:00-4:30pm; Grades 3-5, 4:45-5:15pm					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.
FREE DEMO - Tue, March 5 - Grades 9-12, 4:00-4:45pm; Grades 6-8, 5:15-6:00pm					
<i>NTA Swim Dryland</i> 3:00-3:30pm - Victoria		March 13 & 27 3:30-4:00pm Grades K-2			
March 11 3:30-4:00pm Grades K-2	March 12 & 26 3:30-4:00pm Grades K-2	<i>NTA Swim Dryland</i> 4:00-4:30pm - Lisa	March 14 & 28 3:30-4:00pm Grades K-2	March 15 & 29 3:30-4:00pm Grades K-2	
March 11 4:00-4:30pm Grades 3rd-5th	March 12 & 26 4:00-4:30pm Grades 3rd-5th	March 13 & 27 4:00-4:30pm Grades 3rd-5th	March 14 & 28 4:00-4:30pm Grades 3rd-5th	March 15 & 29 4:00-4:30pm Grades 3rd-5th	
March 11 4:30-5:30pm Intermediate Athletes	March 12 & 26 4:30-5:30pm Intermediate Athletes	March 13 & 27 4:30-5:30pm Intermediate Athletes	March 14 & 28 4:30-5:30pm Intermediate Athletes	March 15 & 29 4:30-5:30pm Intermediate Athletes	
March 11 5:30-6:30pm Advanced Athletes	March 12 & 26 5:30-6:30pm Advanced Athletes	March 13 & 27 5:30-6:30pm Advanced Athletes	March 14 & 28 5:30-6:30pm Advanced Athletes	March 15 & 29 5:30-6:30pm Advanced Athletes	



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 Tue/Thu: 3:00-4:00pm Contact Coach Nicole for more information at NicoleNTA@chevalgac.com 
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		