

# GROUP FITNESS SCHEDULE



**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	*An asterisks indicates a paid program
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	
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 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 <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
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> May 4 - Jill May 11 - Jill May 18 - Victoria May 25 - Victoria
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	
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> Cathy
	12:00pm-1:00pm <b>STRETCH &amp; MOBILITY</b> Yoga - Danialle			11:00am-12:15pm <b>POWER YOGA</b> Christine	

9:30-10:30am  
**20/20/20**  
  
May 5 - Victoria  
May 12 - Cathy  
May 19 - Victoria  
May 26 - Cathy

### CHILDCARE HOURS

Mon-Thu:  
8am-12pm  
4:30-8:30pm

Fri/Sat:  
8am-12pm

Sun:  
8am-11:15am

**MEMORIAL DAY - AC OPEN 7AM-1PM - Masters Swim & 2 Cycling Classes ONLY!**

## MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# GROUP FITNESS SCHEDULE



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

## EVENING GROUP FITNESS

Childcare Available

6:00-7:00pm <b>ALIGNMENT YOGA</b> Ron	6:15-7:15pm <b>HATHA FLOW YOGA</b> Kathy	6:00-7:00pm <b>HATHA FLOW YOGA</b> Danialle	<i>*An astericks indicates a paid program</i>	<p><b>1 PINT can save 3 LIVES GIVE BLOOD GIVE LIFE</b></p> <p><b>DONATE BLOOD</b></p> <p><b>Saturday, June 22 9am - 2pm</b></p>
6:00-6:45pm <b>OUTDOOR BOOT CAMP RAIN OR SHINE</b> Tiffany -Basketball Court	6:15-7:15pm <b>RUN GROUP</b> Tracy Driveway Entrance	<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>		
	7:30-8:00pm <b>Swim Skills &amp; Drills</b> Tracy Pool	7:00-8:00pm <b>CARDIO TENNIS</b> Tennis Pro	7:15-8:15pm <b>MASTERS SWIM</b> Jody	

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)

<i>NTA Swim Dryland 3:00-3:30pm - Victoria</i>	<b>Maximum Athletes Per Session is 10, so sign-up quickly! Use the online form at <a href="http://www.chevalgac.com">www.chevalgac.com</a> to register.</b>				<p><b>Triple Crown Racing TRIATHLON CLUB</b></p> <p><b>SWIM, BIKE, OR RUN?</b></p> <p>Want to train for your first 5k, Marathon, Duathlon, etc?</p> <p>Or Maybe you have a time goal you want to meet, or simply want to hang out with people of similar interests?</p> <p>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.</p> <p><b>TRIPLE CROWN RACING CHEVAL ATHLETIC CLUB</b></p>
3:30-4:00pm <b>Grades K-1</b>	3:30-4:00pm <b>Grades K-1</b>	3:30-4:00pm <b>Grades K-1</b>	3:30-4:00pm <b>Grades K-1</b>	3:30-4:00pm <b>Grades K-1</b>	
4:00-4:30pm <b>Grades 2nd-5th</b>	4:00-4:30pm <b>Grades 2nd-5th</b>	<i>NTA Swim Dryland 4:00-4:30pm - Lisa</i>	4:00-4:30pm <b>Grades 2nd-5th</b>	4:00-4:30pm <b>Grades 2nd-5th</b>	
4:30-5:15pm <b>Advanced Athletes (typically High School age)</b>	4:30-5:15pm <b>Advanced Athletes (typically High School age)</b>	4:30-5:15pm <b>Advanced Athletes (typically High School age)</b>	4:30-5:15pm <b>Advanced Athletes (typically High School age)</b>	4:30-5:15pm <b>Advanced Athletes (typically High School age)</b>	
<i>NTA Swim Dryland 5:15-5:45pm - Tiffany</i>	5:15-6:00pm <b>Intermediate Athletes (typically Middle School)</b>	5:15-6:00pm <b>Intermediate Athletes (typically Middle School)</b>	5:15-6:00pm <b>Intermediate Athletes (typically Middle School)</b>	5:15-6:00pm <b>Intermediate Athletes (typically Middle School)</b>	

## 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> Mondays - 3:00-4:30pm Saturdays - 10:30-11:30am Appointment Only</p> <p>Contact Coach Nicole for more information at <a href="mailto:NicoleNTA@chevalgac.com">NicoleNTA@chevalgac.com</a> 813.279.5122</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		