

JANUARY GROUP FITNESS SCHEDULE

Morning Schedule

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	<i>*An asterisks indicates a paid program</i>
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	
5:30-6:00am 6:15-6:45am 7:00-7:30am *TAKE30 - Rex	6:15-7:00am PIYO Jill M	<i>NTA Swim Dryland 6:00-6:30am - I.T.</i>	5:30-6:00am 6:15-6:45am 7:00-7:30am *TAKE30 - Rex	<i>NTA Swim Dryland 6:00-6:30am - Tiffany</i>	
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



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Lutz, FL 33558
813.279.5122
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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 Jill	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
8:30-9:30am REFIT® REVOLUTION Carolyn	8:15-9:15am 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	9:30-10:30am RUN GROUP Jill	9:00am Start PICKLE BALL Member Lead	8:30-9:30am CYCLING/SPIN Jan 5 - Kris Jan 12 - Kris Jan 19 - Jill Jan 26 - 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	
9:30-10:00am CORE FITNESS Christine	10:30-11:00Am XPRESS STRETCH Lisa	10:15-11:15am MASTERS SWIM Jody	10:30-11:00Am XPRESS YOGA Christine	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		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 Heather
	12:00pm-1:00pm STRETCH & MOBILITY Yoga - Danialle			11:00am-12:15pm POWER YOGA Christine	

9:30-10:30am
20/20/20
Jan 6 - Victoria
Jan 13 - Cathy
Jan 20 - Victoria
Jan 27 - Cathy

CHILDCARE HOURS

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

Fri/Sat:
8am-12pm

Sun:
8am-11:15am

MY WORKOUT SCHEDULE THIS MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

JANUARY GROUP FITNESS SCHEDULE

Evening Schedule

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

EVENING GROUP FITNESS

Childcare Available

5:00-6:00pm ALIGNMENT YOGA Ron Golf Club Sunset Room		5:30-6:30pm HATHA FLOW YOGA Danielle Golf Club Sunset Room	<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>		<i>*An asterisks indicates a paid program</i>
6:00-6:45pm OUTDOOR BOOT CAMP RAIN OR SHINE Tiffany Basketball Court	6:00-7:00pm HATHA FLOW YOGA Debbie	6:00-6:30pm *TAKE30 Rex	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>	
	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!		

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

EVENING EVOV YOUTH SPORTS TRAINING

*Additional Charge

2:00-2:45PM *Developmental 1 Grades 3-5	EVOV SPORTS with Rex is Small Group Fitness Training for kids ages K-12. There is an additional cost for these classes - ask the front desk for more information.			
<i>NTA Swim Dryland</i> 3:00-3:30pm - Victoria	3:00-3:45PM *Developmental 1 Grades 3-5	3:00-3:45pm *FITNESS FUN Grades K-2	3:00-3:45PM *Developmental 1 Grades 3-5	3:00-3:45pm *FITNESS FUN Grades K-2
4:00-4:45pm *Developmental 2B Boys Grades 6-8	4:00-4:45pm *High Performance G Girls Grades 9-12	<i>NTA Swim Dryland</i> 4:00-4:30pm - Lisa	4:00-4:45pm *High Performance B Boys Grades 9-12	4:00-4:45pm *High Performance G Girls Grades 9-12
5:00-5:45pm *Developmental 2G Girls Grades 6-8	5:00-5:45pm *Developmental 2B Boys Grades 6-8	5:00-5:45pm *Developmental 2G Girls Grades 6-8	5:00-5:45pm *Developmental 2B Boys Grades 6-8	5:00-5:45pm *Developmental 2G Girls Grades 6-8
6:00-6:45pm *High Performance B Boys Grades 9-12		6:00-6:30pm *TAKE30 - Rex		

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.



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	MODIFIED SCHEDULED DEC 24-JAN 7	A LANE WILL ALWAYS BE MADE AVAILABLE FOR ANYONE WANTING TO SWIM LAPS
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) 3:30-5:45pm (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	4:00-6:00pm Senior Competitive High School	8:00-8:30AM (dryland) 8:30-10:30AM (swim) Senior Competitive High School	Swim Evaluations Tue/Thu: 3:00-4:00pm
5:45-7:15pm Junior Competitive Middle School	6:00-7:30pm Junior Competitive Middle School	6:30-7:00AM (dryland) 7:00-8:15AM Junior Competitive Middle School	6:00-7:30pm Junior Competitive Middle School	6:30-7:00AM (dryland) 7:00-8:15AM Junior Competitive Middle School	10:30AM-Noon Junior Competitive Middle School	Contact Coach Nicole for more information at NicoleNTA@chevalgac.com

