



# MARCH GROUP FITNESS SCHEDULE

*Eat the rainbow!* (fruits & veggies)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING GROUP FITNESS - No Childcare Available</b>						<b>NEW HOURS!</b> <b>CLUB HOURS</b> M-Th: 5a-9:30p F: 5am-8pm Sat: 7am-6pm Sun: 8am-6pm  4142 Cheval Blvd Lutz, FL 33558 813.279.5122 playcheval.com
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		
5:30-6:15am <b>CYCLING/SPIN</b> Victoria	5:30-6:15am <b>TRUE GRIT</b> - Jill M Alternate upper/lower	5:30-6:15am <b>TRUE GRIT</b> - Renee Alternate upper/lower	5:30-6:15am <b>CYCLING/SPIN</b> Jill M	5:30-6:15am <b>TRUE GRIT</b> Tiffany Full Body		
7:00-8:00am <b>MASTERS SWIM</b> Jody	7:30-8:20am <b>TAI CHI</b> Charlie	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	
<i>Schedule changes are highlighted in yellow</i>						

<b>MID-MORNING GROUP FITNESS - Childcare Available</b>						
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> Mar 1 - Cathy Mar 8 - Victoria Mar 15 - Cathy Mar 22 - Victoria Mar 29 - Cathy
8:30-9:30am <b>REFIT® REVOLUTION</b> Carolyn	8:30-9:30am <b>ZUMBA</b> Angeles	8:30-9:30am <b>REFIT® REVOLUTION</b> Carolyn	8:35-9:25am Charlie	8:15-9:00am <b>CORE FITNESS</b> Victoria	8:30-9:30am <b>CYCLING/SPIN</b> March 7, 28 - Jill March 14, 21 - Victoria	<b>CHILDCARE HOURS</b>  <b>Mon-Thu:</b> 8am-12pm 4:30-8:30pm  <b>Fri/Sat:</b> 8am-12pm  <b>Sun:</b> 8am-12pm
8:40-9:25am <b>CYCLING/SPIN</b> Jill M		8:45-9:45am <b>CYCLING/SPIN</b> Paul	<b>Tai Chi</b>	9:00am Start <b>PICKLE BALL</b> Member Lead		
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> Angeles	9:10-9:40am <b>PURE STRENGTH</b> Kris/Tiffany	
9:30-10:00am <b>CORE FITNESS</b> Christine	10:30-11:00Am <b>XPRESS STRETCH</b> Lisa	10:30-11:30am <b>ALIGNMENT YOGA</b> Ron	9:30-10:30am <b>RUN GROUP</b> Alessa	9:10-10:10am <b>CYCLING/SPIN</b> Kris	9:40-10:10am <b>INSANE-AC</b> Kris/Tiffany	
10:00-11:00am <b>HATHA FLOW YOGA</b> Christine		10:15-11:15am <b>MASTERS SWIM</b> Jody	10:30-11:00Am <b>XPRESS YOGA</b> Christine	10:15-11:00am <b>ALL OUT EFFORT!</b> Kris	10:15-11:15am <b>HATHA FLOW YOGA</b> Kathy	
	12:00pm-1:00pm <b>STRETCH &amp; MOBILITY</b> Yoga - Danialle		11:00am-12:00pm <b>FOREVER FIT</b> Holly H	11:00am-12:00pm <b>HATHA FLOW YOGA</b> Christine		

<b>MY WORKOUT SCHEDULE THIS MONTH:</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



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MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

SUNDAY

## EVENING GROUP FITNESS - Childcare Available

6:00-6:30pm <b>INSANE AC</b> Tiffany	6:15-7:15pm <b>HATHA FLOW YOGA</b> Kathy	6:00-7:00pm <b>CORE &amp; FLEXIBILITY</b> Danialle	6:30-7:15pm <b>REFIT® REVOLUTION</b> Carolyn	<b>TRIPLE CROWN RACING (TCR)</b> <b>Triathlon Club</b> <i>"Someday you will not be able to do this. Today is not that day."</i> <b>SWIM, BIKE, RUN or Want to?</b> Email Jill Martino at <a href="mailto:jmartino@chevalgac.com">jmartino@chevalgac.com</a> to find out more information.  <b>TRIPLE CROWN RACING</b> CHEVAL ATHLETIC CLUB
6:30-7:30pm <b>ALIGNMENT YOGA</b> Ron	6:15-7:15pm <b>RUN GROUP</b> Tracy		7:00-8:00pm <b>CARDIO TENNIS</b> Tennis Pro	
Check out the <b>WORKOUT OF THE DAY</b> in the Fitness Center				

## AFTERNOON DANCE

\*Additional Charge - Dance with Miss Jessica

	2:30-6:00pm <b>Show-on-the Road Dance Program</b>
7:30-9:00pm <b>Show-on-the Road Advanced Acting</b>	7:30-9:00pm <b>Show-on-the Road Dance Program</b>



**NEW TO ATHLETIC CLUB: PICKLEBALL!!!**

Visit [playcheval.com](http://playcheval.com) for more information

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

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

	5:30-7:00am <b>SR Competitive</b>		5:30-7:00am <b>SR Competitive</b>		8:00-10:30am <b>Junior/Senior Competitive</b>	<b>POOL WILL BE CLOSED IF TEMP IS LESS THAN 45 DEG F</b>  <b>ONLY EMPLOYEES MAY REMOVE POOL COVER</b>
2:15-3:00pm <b>Developmental 1</b>	3:15-4:00pm <b>Developmental 1</b>		3:15-4:00pm <b>Developmental 1</b>			
3:00-4:00pm <b>Developmental 2</b>	3:15-4:15pm <b>Developmental 2</b>	3:15-4:15pm <b>Developmental 2</b>	3:15-4:15pm <b>Developmental 2</b>			
3:30-6:00pm <b>Senior Competitive</b>	4:15-6:15pm <b>Senior Competitive</b>	3:45-6:15pm <b>Senior Competitive</b>	4:15-6:15pm <b>Senior Competitive</b>	4:00-6:00pm <b>Senior Competitive</b>		
5:30-7:30pm <b>Junior Competitive</b>	6:15-7:45pm <b>Junior Competitive</b>	6:15-7:45pm <b>Junior Competitive</b>	6:15-7:45pm <b>Junior Competitive</b>	6:00-7:30pm <b>Junior Competitive</b>		
6:00-7:15pm <b>Developmental 3</b>	6:15-7:30pm <b>Developmental 3</b>	6:15-7:30pm <b>Developmental 3</b>	6:15-7:30pm <b>Developmental 3</b>		Contact Coach Nicole for more information at: <a href="mailto:NicoleNTA@playcheval.com">NicoleNTA@playcheval.com</a>  813.279.5122	