

PHAZE 3 GROUP FITNESS - JONES VALLEY

Effective Feb. 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM		LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	LES MILLS BODYPUMP Bridget		8:15 AM	LES MILLS BODYPUMP Dianna	
							9:30 AM	LES MILLS BODYATTACK Katrina	
	8:30 AM	LES MILLS BODYBALANCE Dianna	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	10:40 AM	Dance Fitness Quinta/Mira/Lisa	
	9:30 AM	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Lindsey			
	10:40 AM								
	12:00 PM	LES MILLS BODYATTACK Jenna		LES MILLS BODYPUMP Jan	LES MILLS BODYPUMP Jan	LES MILLS BODYPUMP Fe	12:15 PM		LES MILLS GRIT Stacey
	4:30 PM	LES MILLS BODYPUMP Emily	*coming soon*	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Jessi	LES MILLS BODYATTACK Jenna	1:00 PM		LES MILLS BODYCOMBAT Erica
	5:30 PM	LES MILLS BODYCOMBAT Michelle	ZUMBA Lisa	LES MILLS BODYCOMBAT Michelle	Dance Fitness Mira	LES MILLS BODYPUMP Michelle	2:00 PM		LES MILLS BODYPUMP Liz/Nikole
	6:30 PM	ZUMBA Guisella		LES MILLS BODYBALANCE Dianna					

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM		Free Spin Kristin						
	8:30 AM								
	9:15 AM	Free Spin Carrie		Free Spin Carrie	LES MILLS RPM Jan	Free Spin Carrie	9:15 AM		
	12:00 PM								
	4:15 PM						3:00 PM		Free Spin Kristin
	5:15 PM								
6:15 PM									

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	Hot Flow Pam	Hot Power Linda	Hot Flow Pam	Hot Foundations Pam	Hot Flow Gagan			
	8:30 AM	Hot Power Jen		Hot Flow Linda		Hot Power Linda	8:30 AM	Hot Flow Bob/Bobbie	
	10:00 AM								
	4:30 PM				Hot Power Annemarie				
	5:30 PM	Hot Flow Bobbie	Hot Power Jen	Hot Foundations Bobbie					
	6:00 PM								
6:45 PM		***Please bring your own mat (and strap if desired) to class. Thank you!***							

POOL	TIME	MON	TUE	WED	THURS	FRI
	Water Aerobics			** COMING SOON **		
		Pool closed to open swim while classes are in progress. Thanks for understanding!				

Welcome to Phaze 3 Fitness!
See reverse for class descriptions or visit our website.
Class offerings will continue to be refined as our community grows.
Your input matters greatly to us, so if you have questions or comments, please email:

OPERATION HOURS

GYM	KIDS CLUB
MON - THURS: 5am to 10pm FRIDAY: 5am to 9pm SATURDAY: 8am to 6pm SUNDAY: 10am to 6pm	MON - FRI: 8am to 1pm - 4pm to 8pm SATURDAY: 8am to 1pm SUNDAY: 12pm to 4pm



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