

# PHAZE 3 GROUP FITNESS - JONES VALLEY

Effective March 15, 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM		<b>LES MILLS BODYPUMP</b> Bridget	<b>Dance Fitness</b> Quinta	<b>LES MILLS BODYPUMP</b> Bridget		8:15 AM	<b>LES MILLS BODYPUMP</b> Diana	
							9:30 AM	<b>LES MILLS BODYATTACK</b> Katrina	
	8:30 AM	<b>LES MILLS BODYBALANCE</b> Diana	<b>LES MILLS BODYPUMP</b> Bridget	<b>LES MILLS BODYATTACK</b> Bridget	<b>LES MILLS BODYPUMP</b> Bridget	<b>Dance Fitness</b> Quinta	10:40 AM	<b>Dance Fitness</b> <b>ZUMBA</b> Rotation: 3/7: Fe 3/8: Fe 3/15: Quinta 3/22: Guisella 3/29: Quinta	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Lindsey	<b>LES MILLS BODYCOMBAT</b> Liz	<b>LES MILLS BODYPUMP</b> Lindsey	<b>LES MILLS BODYCOMBAT</b> Erica	<b>LES MILLS BODYPUMP</b> Lindsey			
	12:00 PM	<b>LES MILLS BODYATTACK</b> Jenna	<b>LES MILLS BODYBALANCE</b> Erica	<b>LES MILLS BODYPUMP</b> Jan	<b>LES MILLS BODYBALANCE</b> Erica	<b>LES MILLS BODYPUMP</b> Fe/Liz	12:15 PM		<b>LES MILLS GRIT</b> Stacey
	4:30 PM	<b>LES MILLS BODYPUMP</b> Emily	<b>MeiCon</b> Anthony	<b>LES MILLS BODYPUMP</b> Emily	<b>LES MILLS BODYPUMP</b> Jessi	<b>LES MILLS BODYATTACK</b> Jenna	1:00 PM		<b>LES MILLS BODYCOMBAT</b> Erica
	5:40 PM	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>ZUMBA</b> Lisa	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>Dance Fitness</b> Mira	<b>LES MILLS BODYPUMP</b> Michelle	2:00 PM		<b>LES MILLS BODYPUMP</b> Liz/Nikole
6:40 PM	<b>ZUMBA</b> Guisella		<b>LES MILLS BODYBALANCE</b> Diana						

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM		<b>Free Spin</b> Kristin	<b>Free Spin</b> Susi		<b>Free Spin</b> Susi			
	8:15 AM		<b>Free Spin</b> AC			<b>Free Spin</b> AC			
	9:15 AM	<b>Free Spin</b> Carrie		<b>Free Spin</b> Carrie	<b>RPM</b> Jan	<b>Free Spin</b> Carrie	9:30 AM	<b>Free Spin</b> Adrian	
	4:15 PM		** COMING SOON **					3:00 PM	<b>Free Spin</b> Kristin
	5:15 PM								

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>Hot Flow</b> Pam	<b>Hot Power</b> Linda	<b>Hot Flow</b> Pam	<b>Hot Foundations</b> Pam	<b>Hot Flow</b> Gagan			
	8:30 AM	<b>Hot Power</b> Jen	<b>Hot Flow</b> Debbie	<b>Hot Flow</b> Linda	<b>Hot Flow</b> Debbie	<b>Hot Power</b> Linda	8:30 AM	<b>Hot Flow</b> Bob/Bobbie	
							10:00 AM	<b>Hot Foundations</b> Gagan	
	4:30 PM				<b>Hot Power</b> Annemarie				
	5:30 PM	<b>Hot Flow</b> Bobbie	<b>Hot Power</b> Jen	<b>Hot Foundations</b> Bobbie			1:00 PM		<b>Hot Flow</b> Gagan
	6:00 PM				<b>Hot Flow</b> Anita/Bobbie				
		***Please bring your own mat (and strap if desired) to class. Thank you!***							

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

**Welcome to Phaze 3 Fitness!**  
Class descriptions are available on our website and class offerings will continue to be refined as our community grows. Your input matters to us, so if you have questions or comments, please email: [phaze3liz@gmail.com](mailto:phaze3liz@gmail.com)



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OPERATION HOURS

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