

PHAZE 3 GROUP FITNESS - JONES VALLEY

Effective May 1, 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 Diana	
							9:30 AM	LES MILLS BODYATTACK Katrina	
	8:15 AM	LES MILLS BODYBALANCE Diana	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	10:40 AM	Dance Fitness Quinta	ZUMBA
	9:30 AM	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Lindsey		Rotation: 5/3: MULTIPLE INSTRUCTORS 5/10: Fe 5/17: Quinta 5/24: Fe 5/31: Guisella	
	12:00 PM	LES MILLS BODYATTACK 30' Jenna	LES MILLS BODYBALANCE 45' Erica	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE 45' Erica	LES MILLS BODYPUMP Fe/Jessi	12:15 PM		MetCon Anthony
	4:30 PM	LES MILLS BODYPUMP Emily	MetCon Anthony	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Jessi	LES MILLS BODYATTACK Jenna	1:00 PM		LES MILLS BODYCOMBAT 45' Erica
	5:40 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
	6:40 PM	ZUMBA Guisella		LES MILLS BODYBALANCE Diana					

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

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 Debbie	Hot Flow Linda	Hot Flow Debbie	Hot Power Linda	8:30 AM	Hot Flow Bob/Bobbie	
	10:00 AM		Hot Foundations Megan	Hot Strength & Stretch Avery	Hot Flow Megan		10:00 AM	Hot Foundations Gagan	
	4:30 PM				Hot Power Annemarie		1:00 PM		Hot Flow Gagan
	5:30 PM		Hot Power Jen	Hot Foundations Bobbie					
	6:00 PM	Hot Flow Bobbie	***Please bring your own mat (and strap if desired) to class. Thank you!***						
	6:15 PM				Hot Flow Anita/Bobbie				

POOL	TIME	MON	TUE	WED	THURS	FRI
	8:30 AM					AQUA ZUMBA Linda
	9:00 AM	Water Aerobics Michelle		Water Aerobics Michelle		

Pool closed to open swim while classes are in progress. Thanks for understanding!

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

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



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