

PHAZE 3 GROUP FITNESS - JONES VALLEY

Effective July 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	
9:30 AM	LES MILLS BODYPUMP Liz	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Liz	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Nikole		Rotation: July 5: Cassie July 12: Guisella July 19: Dante July 26: Fe	
11:00 AM			Mobility Robin					
12:00 PM	LES MILLS BODYATTACK Jenna	LES MILLS BODYBALANCE Erica	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE Erica	LES MILLS BODYPUMP Fe	12:15 PM		MetCon Anthony
4:30 PM	LES MILLS BODYPUMP Emily	MetCon Anthony	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Jan	LES MILLS BODYATTACK Jenna	1:00 PM		LES MILLS BODYCOMBAT 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			**Most classes require a mat. Please bring your own**		

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 AC	9:30 AM	Free Spin Adrian	
5:45 PM			LES MILLS RPM Naomi			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 Flow Bobbie	Hot Power Jen	Hot Foundations Bobbie					
6:15 PM				Hot Flow Courtney				
6:45 PM			Hot Flow Anita		***Please bring your own mat (and strap if desired) to class. Thank you!***			

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

Phaze3 FITNESS

Jones Valley
1319 Four Mile Post Road SE
Huntsville, AL 35802
tel: 256.325.0338
www.phaze3fitness.com