

Group Exercise Schedule

Effective February 1, 2026

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	LES MILLS BODYPUMP Megan/Katie	LES MILLS BODYCOMBAT Candace	LES MILLS BODYPUMP Jen	LES MILLS BODYCOMBAT Candace	LES MILLS BODYPUMP Megan	8:15 AM	LES MILLS BODYCOMBAT Leonard	
	8:30 AM	LES MILLS BODYATTACK Megan	LES MILLS BODYPUMP Nikole	ZUMBA Charlene	LES MILLS BODYCOMBAT Liz/Charlene	LES MILLS BODYBALANCE Britney	9:30 AM	LES MILLS BODYPUMP Leonard	
	9:30 AM	LES MILLS BODYPUMP Liz	ZUMBA Charlene	LES MILLS BODYPUMP Charlene	LES MILLS BODYBALANCE Britney	LES MILLS BODYPUMP Charlene	10:40 AM	LES MILLS BODYBALANCE Jen	
	10:40 AM	LES MILLS BODYBALANCE Britney	NEW! PILATES Jennifer C	BARRE Jessie	CLASSIC SILVER SNEAKERS Jessie		11:50 AM	Instructor's Choice 2/7 - Dante 2/14 - Jennifer C. 2/21 - Sally 2/28 - Nikole	
	12:00 PM		NEW! CLASSIC SILVER SNEAKERS Jessie	NEW! HIT Cathy	NEW! ENERGY Silver Sneakers Curtis		12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	Free Step Stacey	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Leonard	LES MILLS BODYPUMP Cecilia	1:00 PM		LES MILLS BODYPUMP Jillian
	5:30/5:40 PM	*5:40PM* LES MILLS BODYCOMBAT Chris	*5:30PM* LES MILLS BODYPUMP HEAVY Chris	*5:40PM* LES MILLS GRIT Dante/Nicole	*5:30PM* LES MILLS BODYPUMP Cecilia	*5:40PM* Dance Fitness Brittany	2:00 PM		LES MILLS BODYCOMBAT Faye
	6:30 PM	LES MILLS BODYPUMP Fe	LES MILLS BODYBALANCE Elaine	LES MILLS BODYPUMP Fe	ZUMBA Fe		3:00 PM		LES MILLS BODYPUMP HEAVY Sally

We are BYOM facility, Bring Your Own Mat :) Mats recommended for BodyBalance & welcome for any class

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	sprint Jen	LES MILLS RPM Jen	Free Spin Nes	Free Spin Adrian	sprint Jen			
	8:30 AM		sprint Lindsey			sprint Lindsey			
	9:15 AM	Free Spin Abria					9:15 AM	Free Spin Abria	
	12:00 PM		Free Spin Abria						
	4:30 PM					Free Spin Adrian	3:00 PM		Free Spin Abria
	5:15 PM	Free Spin Abria	Free Spin Adrian	sprint Emmanuel					
	6:15 PM		Free Spin Abria		Free Spin Emmanuel				

Please Bring Your Own Mat for all yoga classes.

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	Hot Strength & Stretch Amy		Hot Power Jennifer T		Hot Power Toisha		SATURDAY YOGA STYLES & INSTRUCTORS ROTATE WEEKLY. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR	
	8:30 AM		Hot Flow Pam	Hot Power Kaelie	Hot Flow Amy	Hot Foundations Jennifer C/ Katie			
	10:00 AM	Hot Power Jillian		Hot Flow Amy		Hot Flow Dana	8:30 AM		Hot Yoga
	4:30 PM	Hot Power AnneMarie		Hot Yin Katie		Hot Flow 2/6 - Pam 2/13 - Toisha 2/20 - Katie 2/27 - Jennifer C	10:00 AM		Hot Yoga
	5:30 PM		Hot Power Bob		Hot Power Elaine		11:30 AM		Hot Strength & Stretch Pam
	6:00 PM	Hot Strength & Stretch Elaine		Hot Foundations Dana			1:30 PM		Hot Yin Toisha

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	Water Aerobics Cathy	Water Aerobics Gail	Water Aerobics		Water Aerobics Jill
	10:30 AM	Pool Closed for Cleaning 10:30 - 11:15		Pool Closed for Cleaning 10:30 - 11:15		Pool Closed for Cleaning 10:30 - 11:15
	4:00 PM				Water Aerobics Gail	

Pool closed to open swim while classes/cleaning are in progress. Thank you for understanding.

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

Welcome to Phaze 3 Fitness!

Email questions or comments to:

phaze3charlene@gmail.com

We look forward to seeing you in the next class!

Schedule and class descriptions are also available on our website www.phaze3fitness.com!