

Effective March 1, 2026

GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:15 AM		LES MILLS BODYPUMP Bridget		LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Jenna			
6:30 AM			LES MILLS BODYBALANCE 45 Diana					
8:15 AM	LES MILLS BODYBALANCE Diana	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	8:15 AM	LES MILLS BODYPUMP Diana	
9:30 AM	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Lindsey	9:30 AM	Dance Fitness / ZUMBA Rotation ***** >	3/7: Christy (Dance Fitness) 3/14: Guisella (Zumba) 3/21: Cassie (Dance Fitness) 3/28: Sierra (Dance Fitness)
11:00 AM			Silver Sneakers 45 Christy		Silver Sneakers 45 Christy	10:40 AM	SATURDAY POP-UPS w/ Emily LES MILLS Shapes March 14 & 21	
NOON	Pilates Scarlett	LES MILLS BODYBALANCE 45 Ericka	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE 45 Ericka	LES MILLS BODYPUMP Megan	NOON		Pilates Scarlett
4:30 PM	LES MILLS BODYPUMP Emily	Pilates Circuit Michelle	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Michelle	Pilates Yoga Linda	1:00 PM		LES MILLS BODYCOMBAT 45 Erica
5:40 PM	LES MILLS BODYCOMBAT Michelle	Dance Fitness Cassie/Eden	Pilates Circuit Faye	Dance Fitness Mira	LES MILLS BODYPUMP Michelle	2:00 PM		LES MILLS BODYPUMP Liz/Nikole
6:40 PM	ZUMBA Guisella		Dance Fitness 45 Amanda				**Most classes require a mat. Please bring your own**	

CYCLE STUDIO

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	LES MILLS sprint 30 Keely	Free Spin Kristin	Free Spin Keely		Free Spin Susi			
8:15 AM		Free Spin 45 AC		Free Spin 45 Jywanya	Free Spin 45 AC	8:15 AM	LES MILLS sprint 30 Stella/Natasha/Keely	
9:15 AM	Free Spin 45 Carrie		Free Spin 45 Carrie	LES MILLS RPM 45 Jan	LES MILLS sprint 30 AC	9:30 AM	Free Spin Adrian	
5:00 PM	LES MILLS sprint 30 Keely	LES MILLS sprint 30 Emily						
5:45 PM			LES MILLS RPM 45 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 Strength & Stretch 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	
10:00 AM		Hot Foundations Megan	Hot Strength & Stretch Avery	Hot Flow Megan	Hot Strength & Stretch Angela	10:00 AM	Hot Foundations Robin	
NOON			Hot Flow Eileen					
4:30 PM				Hot Power Annemarie	Hot Foundations Amanda	1:00 PM		Hot Flow Robin
5:30 PM	Hot Flow Bobbie	Hot Power Jen	Hot Foundations Bob					
6:15 PM				Hot Flow Robin				
6:45 PM			Hot Flow Eileen			***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 Amanda		Water Aerobics Christy		

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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