

Jones Valley Group Fitness

Effective April 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 Emily	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	8:15 AM	LES MILLS BODYPUMP Diana	4/4: Guisella (Zumba) 4/11: Christy (Dance Fit.) 4/18: Amanda (Dance Fit.) 4/25: Amanda (Dance Fit.)
	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 Christy Rotation =====> ZUMBA	
	11:00 AM			Silver Sneakers 45 Christy		Silver Sneakers 45 Christy	10:40 AM	SATURDAY POP-UPS w/ Emily LES MILLS Shapes April 4, 18 & 25	
	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	P3 Circuit Michelle	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Michelle	P3 Yoga Linda	1:00 PM		LES MILLS BODYCOMBAT 45 Erica
	5:40 PM	LES MILLS BODYCOMBAT Michelle	Dance Fitness Cassie/Eden	P3 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	P3 Free Spin Kristin	P3 Free Spin Keely		P3 Free Spin Susi			
	8:15 AM		P3 Free Spin 45 AC		P3 Free Spin 45 Jawana	P3 Free Spin 45	8:15 AM	LES MILLS sprint 30	
	9:15 AM	P3 Free Spin 45 Carrie		P3 Free Spin 45 Carrie	RPM 45 Jan	LES MILLS sprint 30 AC	9:30 AM	P3 Free Spin Adrian	
	5:00 PM	LES MILLS sprint 30 Keely	LES MILLS sprint 30 Emily						
	6:00 PM			NEW!	LES MILLS sprint Stella		3:00 PM		P3 Free Spin Kristin

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	P3 Hot Foundations Amanda	P3 Hot Strength & Stretch Linda	P3 Hot Flow Eileen	P3 Hot Flow Linda	P3 Hot Flow Gagan			
	8:30 AM	P3 Hot Power Jen	P3 Hot Flow Debbie	P3 Hot Flow Linda	P3 Hot Flow Debbie	P3 Hot Power Linda	8:30 AM	P3 Hot Flow Bob	
	10:00 AM		P3 Hot Foundations Megan	P3 Hot Strength & Stretch Avery	P3 Hot Flow Megan	P3 Hot Strength & Stretch Angela	10:00 AM	P3 Hot Foundations Robin	
	NOON			P3 Hot Flow Eileen			1:00 PM		P3 Hot Flow Robin
	4:30 PM				P3 Hot Power Annemarie	P3 Hot Foundations Amanda			
	5:30 PM	P3 Hot Flow Bobbie	P3 Hot Power Jen	P3 Hot Foundations Bob					
6:15 PM				P3 Hot Flow Robin		***Please bring your own mat (and strap if desired) to class. Thank you!***			

POC	TIME	MON	TUE	WED	THURS	FRI
	9:00 AM	P3 Water Aerobics Amanda		P3 Water Aerobics Christy		NEW!

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

OPERATION HOURS	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!
Class descriptions are available on our website and class offerings will continue to be refined as our community grows.

Phaze 3 FITNESS
Jones Valley
1319 Four Mile Post Road SE
Huntsville, AL 35802
tel: 256.325.0338
www.phaze3fitness.com