

Group Exercise Schedule

Effective April 1, 2026

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	LES MILLS BODYPUMP 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	Pilates Jennifer C	Barre Jessie	CLASSIC Silver Sneakers Jessie		11:50 AM	POP UP! 4/18 NOT HOT! 3 Yoga Jennifer C	
	12:00 PM		CLASSIC Silver Sneakers Jessie	HITT Cathy	ENERCHI Silver Sneakers Curtis		12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	MetCon 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	LES MILLS BODYCOMBAT Faye/Avery	HEAVY LIFT Sally	LES MILLS GRIT Dante/Nicole	LES MILLS BODYPUMP Cecilia	Dance Fitness Brittany	2:05 PM		LES MILLS BODYCOMBAT Faye
	6:30 PM	LES MILLS BODYPUMP Fe	LES MILLS BODYBALANCE Elaine/Sonya	LES MILLS BODYPUMP Fe	ZUMBA Fe		3:00 PM		HEAVY LIFT Sally

We are a BYOM facility, Bring Your Own Mat :) Mats recommended for BodyBalance, Pilates and Barre and welcome for any class.

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	LES MILLS sprint Jen	LES MILLS RPM Jen	Free Spin Nes	Free Spin Adrian	LES MILLS sprint Jen			
	8:30 AM	Free Spin Abria	LES MILLS sprint Lindsey			LES MILLS sprint Lindsey			
	12:00 PM		Free Spin Abria				9:15 AM	Free Spin Abria	
	4:30 PM					Free Spin Adrian I			
	5:15 PM	Free Spin Abria		LES MILLS sprint Emmanuel			3:00 PM		Free Spin Abria
	5:30 PM		Free Spin Adrian						
	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	8:30 AM		Hot Yoga
	10:00 AM	Hot Power Jillian		Hot Flow Amy	NOT HOT! Level 2 Pilates Jennifer C	Hot Flow Dana	10:00 AM	Hot Yoga	
	4:30 PM	Hot Power AnneMarie		Hot Yin Katie		Hot Flow 4/3 - Amy 4/10 - Amy 4/17 - Pam 4/24 - Amy	12:15 PM		Hot Strength & Stretch Pam
	5:30 PM		Hot Power Bob		Hot Power Elaine		1:30 PM		Hot Yin Toisha
	6:00 PM	Hot Strength & Stretch Elaine		Hot Foundations Dana					

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	Water Aerobics Cathy	Water Aerobics Tara	Water Aerobics Jill		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 Tara/Angela		

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 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!

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!