

Jones Valley Group Fitness

Effective May 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	5/2: **LES MILLS LAUNCH** 5/9: Christy (Dance) 5/16: Guisella (Zumba) 5/23: Amanda (Dance) 5/30: Cassie
	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 =====>	
	11:00 AM			Silver Sneakers 45 Christy		Silver Sneakers 45 Christy	10:40 AM	SATURDAY POP-UPS w/ Emily LES MILLS Shapes 5/9 & 5/16	
	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 Sierra		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 Juwana	P3 Free Spin 45 AC	8:15 AM	LES MILLS sprint 30 Rotation	
	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				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	NEW! P3 Hot Flow Julia			P3 Hot Power Annemarie	P3 Hot Foundations Amanda			
	5:30 PM		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!***		

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:00 AM	Water Aerobics Amanda		Water Aerobics Christy		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:

Phaze 3 FITNESS
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