

# Group Exercise Schedule

Effective May 1, 2026

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	<b>LES MILLS BODYPUMP</b> Katie	<b>LES MILLS BODYCOMBAT</b> Candace	<b>LES MILLS BODYPUMP</b> Jen	<b>LES MILLS BODYCOMBAT</b> Candace	<b>LES MILLS BODYPUMP</b> Megan	8:15 AM	<b>LES MILLS BODYCOMBAT</b> Leonard	
	8:30 AM	<b>LES MILLS BODYATTACK</b> Megan	<b>LES MILLS BODYPUMP</b> Nikole	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYCOMBAT</b> Liz/Charlene	<b>LES MILLS BODYBALANCE</b> Britney	9:30 AM	<b>LES MILLS BODYPUMP</b> Leonard	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Liz	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Charlene	<b>LES MILLS BODYBALANCE</b> Britney	<b>LES MILLS BODYPUMP</b> Charlene	10:45 AM	<b>LES MILLS BODYBALANCE</b> Jen	
	10:45 AM	<b>LES MILLS BODYBALANCE</b> Britney	<b>Pilates</b> Jennifer C	<b>Barre</b> Jessie	<b>CLASSIC SilverSneakers</b> Jessie		12:00 PM	<b>POP UP! 5/16 ZUMBA</b> Guisella	
	12:00 PM		<b>CLASSIC SilverSneakers</b> Jessie	<b>HEAVY LIFT</b> Cathy	<b>ENERCHI SilverSneakers</b> Curtis		12:15 PM		<b>LES MILLS GRIT</b> Dante
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>Free Step</b> Stacey	<b>LES MILLS BODYPUMP</b> Leonard	<b>LES MILLS BODYCOMBAT</b> Leonard	<b>LES MILLS BODYPUMP</b> Cecilia	1:00 PM		<b>LES MILLS BODYPUMP</b> Jillian
	5:30/5:40 PM	<b>LES MILLS BODYCOMBAT</b> Faye/Chris	<b>HEAVY LIFT</b> Sally/Chris	<b>LES MILLS GRIT</b> Dante/Nicole	<b>LES MILLS BODYPUMP</b> Cecilia	<b>Dance Fitness</b> Brittany	2:05 PM		<b>LES MILLS BODYCOMBAT</b> Faye
	6:30 PM	<b>LES MILLS BODYPUMP</b> Fe	<b>LES MILLS BODYBALANCE</b> Sonya	<b>LES MILLS BODYPUMP</b> Fe	<b>ZUMBA</b> Fe		3:00 PM		<b>HEAVY LIFT</b> 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	<b>LES MILLS sprint</b> Jen	<b>LES MILLS RPM</b> Jen	<b>Free Spin</b> Nes	<b>Free Spin</b> Adrian	<b>LES MILLS sprint</b> Jen			
	8:30 AM	<b>Free Spin</b> Abria	<b>sprint</b> Lindsey			<b>sprint</b> Lindsey			
	12:00 PM		<b>Free Spin</b> Abria				9:15 AM	<b>Free Spin</b> Abria	
	4:30 PM					<b>Free Spin</b> Adrian I			
	5:15 PM	<b>Free Spin</b> Abria		<b>sprint</b> Emmanuel			3:00 PM		<b>Free Spin</b> Abria
	5:30 PM		<b>Free Spin</b> Adrian						
	6:15 PM		<b>Free Spin</b> Abria		<b>Free Spin</b> 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	<b>Hot Strength &amp; Stretch</b> Amy		<b>Hot Power</b> Julia		<b>Hot Power</b> Toisha		SATURDAY YOGA STYLES & INSTRUCTORS ROTATE WEEKLY. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR	
	8:30 AM	<b>Hot Flow</b> Jennifer C	<b>Hot Flow</b> Pam	<b>Hot Power</b> Kaelie	<b>Hot Flow</b> Amy	<b>Hot Foundations</b> Jennifer C/ Katie	8:30 AM		<b>Hot Yoga</b>
	10:00 AM	<b>Hot Power</b> Jillian		<b>Hot Flow</b> Amy	<b>NOT HOT Level 2 Pilates</b> Jennifer C	<b>Hot Flow</b> Dana	10:00 AM	<b>Hot Yoga</b>	
	4:30 PM	<b>Hot Power</b> AnneMarie		<b>Hot Yin</b> Katie		<b>Hot Flow</b> 5/1 - Pam 5/8 & 5/15 - Alex 5/22 - Toisha 5/29 - Kristi	12:15 PM		<b>Hot Strength &amp; Stretch</b> Pam
	5:30 PM		<b>Hot Power</b> Bob		<b>Hot Power</b> Pam/Jillian		1:30 PM		<b>Hot Yin</b> Toisha
	6:00 PM	<b>Hot Strength &amp; Stretch</b> Kristi		<b>Hot Foundations</b> Dana					

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	<b>Water Aerobics</b> Cathy	<b>Water Aerobics</b> Tara	<b>Water Aerobics</b> Jill		<b>Water Aerobics</b> 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				<b>Water Aerobics</b> rotation		

\*\*\*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](mailto: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](http://www.phaze3fitness.com)!