

Jones Valley Group Fitness July

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:15 AM		LES MILLS BODYPUMP Bridget		LES MILLS BODYPUMP Bridget				
6:30 AM			LES MILLS BODYBALANCE 45 Diana					
7:15 AM				Phaze 3 Sculpt 45 Emily C.				
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 =====>	7/4 Holiday Schedule 7/11 Cassie-Dance Fitness 7/18 Guisella-Zumba 7/25 Guisella-Zumba
11:00 AM	LES MILLS BODYATTACK Jenna		Silver Sneakers 45 Christy		Silver Sneakers 45 Christy	10:40 AM	SATURDAY POP-UPS w/Emily LES MILLS Shapes July 11, July 18	
NOON	Phaze 3 Pilates Lily	LES MILLS BODYBALANCE 45 Erica	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE 45 Erica	LES MILLS BODYPUMP Megan	NOON		
4:30 PM	LES MILLS BODYPUMP Emily	Phaze 3 Circuit Michelle	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Michelle	Phaze 3 Yoga Linda	1:00 PM		LES MILLS BODYCOMBAT 45 Erica
5:40 PM	LES MILLS BODYCOMBAT Michelle	Dance Fitness Cassie/Eden	Phaze 3 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**		

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	LES MILLS sprint 30 Keely	Phaze 3 Free Spin Kristin	Phaze 3 Free Spin Keely		Phaze 3 Free Spin Susi			
8:15 AM		Phaze 3 Free Spin 45 AC		Phaze 3 Free Spin 45 Jywanya	Phaze 3 Free Spin 45 AC	8:15 AM	LES MILLS sprint 30 Rotation	
9:15 AM	Phaze 3 Free Spin 45 Carrie		Phaze 3 Free Spin 45 Carrie	LES MILLS RPM 45 Jan	LES MILLS sprint 30 AC	9:30 AM	Phaze 3 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		Phaze 3 Free Spin Kristin

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	Phaze 3 Hot Foundations Amanda	Phaze 3 Hot Strength & Stretch Linda		Phaze 3 Hot Flow Linda	Phaze 3 Hot Flow Gagan			
6:30 AM			Phaze 3 Hot Foundations Taylor/Joelle					
8:30 AM	Phaze 3 Hot Power Jen	Phaze 3 Hot Flow Megan	Phaze 3 Hot Flow Linda	Phaze 3 Hot Foundations Megan	Phaze 3 Hot Power Linda	8:30 AM	Phaze 3 Hot Flow Bob	
10:00 AM		Phaze 3 Hot Foundations Eileen	Phaze 3 Hot Power Christie E.	Phaze 3 Hot Flow Eileen	Phaze 3 Hot Strength & Stretch Angela	10:00 AM	Phaze 3 Hot Foundations Titus	
NOON			Phaze 3 Hot Flow Kristina					
						1:00 PM		Phaze 3 Hot Flow Robin
4:30 PM	Phaze 3 Hot Flow Julia			Phaze 3 Hot Power Annemarie	Phaze 3 Hot Foundations Amanda			
5:30 PM		Phaze 3 Hot Power Jen	Phaze 3 Hot Foundations Bob					
6:15 PM				Phaze 3 Hot Flow Robin		***Please bring your own mat (and strap if desired) to class. Thank you!***		

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: phaze3michelle@gmail.com



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