

Group Exercise Schedule

Effective July 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	10:45 AM	LES MILLS BODYBALANCE Jen	
	10:45 AM	LES MILLS BODYBALANCE Britney	Pilates Jennifer C	Barre Jessie	CLASSIC Silver Sneakers Jessie		12:00 PM		
	12:00 PM		CLASSIC Silver Sneakers Jessie	HIT LIIT Cathy	ENERCHI Silver Sneakers Curtis		12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	Free Step 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 Chris	LES MILLS BODYPUMP Chris (7, 21)	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 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	sprint Jen	LES MILLS RPM Jen	Free Spin Nes	Free Spin Adrian	sprint Jen			
	8:30 AM	Free Spin Abria	sprint Lindsey			sprint Lindsey			
	12:00 PM		Free Spin Abria				9:15 AM	Free Spin Abria	
	4:30 PM					Free Spin Adrian			
	5:15 PM	Free Spin Abria		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 Taylor		Hot Power Julia		Hot Power Toisha		SATURDAY YOGA STYLES & INSTRUCTORS ROTATE WEEKLY. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR UPDATES!	
	8:30 AM	Hot Flow Jennifer C	Hot Flow Pam	Hot Power Kaelie	Hot Flow Amy	Hot Foundations Jennifer/ Katie			
	10:00 AM	Hot Power Jillian		Hot Flow Amy	NOT HOT Level 2 Pilates Jennifer	Hot Flow Dana	8:30 AM	Hot Yoga	
	4:30 PM	Hot Power AnneMarie		Hot Yin Katie		Hot Flow 7/3 - **NO CLASS** 7/10 - Kristi 7/24 - Julia 7/31 - Taylor 4:30 PM	10:00 AM	Hot Yoga	
	5:30 PM		Hot Power Bob		Hot Power Julia	Pilates Jennifer	12:15 PM		Hot Strength & Stretch Pam
	6:00 PM	Hot Strength & Stretch Kristi		Hot Foundations Dana			1:30 PM		Hot Yin Toisha

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	Water Aerobics Cathy	Water Aerobics Tara	Water Aerobics Gail		Water Aerobics Gail
	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

Pool closed to open swim while classes/cleaning are in progress. Thank you for understanding.

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!

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		