

# Group Exercise Schedule

Effective June 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 Silver Sneakers</b> Jessie		12:00 PM		
	12:00 PM		<b>CLASSIC Silver Sneakers</b> Jessie	<b>HITT</b> Cathy	<b>ENERCHI Silver Sneakers</b> Curtis		12:15 PM		<b>LES MILLS GRIT</b> Dante
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>MetCon/Free Step</b> Nicole/Chris	<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> Chris	<b>HEAVY LIFT</b> 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> Fave
	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/Taylor		<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 UPDATES!	
	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			
	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	8:30 AM		<b>Hot Yoga</b>
	4:30 PM	<b>Hot Power</b> AnneMarie		<b>Hot Yin</b> Katie		<b>Hot Flow</b> 6/5 - Taylor 6/12 - Taylor 6/19 - Julia 6/26 - Taylor	10:00 AM		<b>Hot Yoga</b>
	5:30 PM		<b>Hot Power</b> Bob		<b>Hot Power</b> Julia		12:15 PM		
	6:00 PM	<b>Hot Strength &amp; Stretch</b> Kristi		<b>Hot Foundations</b> Dana			1:30 PM		
							<b>Hot Strength &amp; Stretch</b> Pam		<b>Hot Yin</b> Toisha

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	<b>Water Aerobics</b> Cathy	<b>Water Aerobics</b> Tara	<b>Water Aerobics</b> Gail/Terv		<b>Water Aerobics</b> Gail/Joyce
	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> 6/4 - Tara 6/11 - Gail 6/18 - Tara 6/25 - Angela		

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

HOURS OF OPERATION	GYM	KIDS CLUB
	<b>MON - THURS:</b> 5am to 10pm <b>FRIDAY :</b> 5am to 9pm <b>SATURDAY:</b> 8am to 6pm <b>SUNDAY:</b> 10am to 6pm	<b>MON - FRI:</b> 8am to 1pm - 4pm to 8pm <b>SATURDAY:</b> 8am to 1pm <b>SUNDAY:</b> 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](http://www.phaze3fitness.com)!