

Jones Valley Group Fitness July

MAIN FITNESS STUDIO

TIME	MON	TUE	WED	THU	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				
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	Saturday Rotation 7/4 Holiday Schedule 7/11 Cassie - Dance Fitness 7/18 Guisella - Zumba 7/25 Guisella - Zumba
9:30 AM	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Erika	LES MILLS BODYPUMP Lindsey	9:30 AM	Dance Fitness ZUMBA	
11:00 AM	LES MILLS BODYATTACK Jenna		SilverSneakers 45 Christy		SilverSneakers 45 Christy	10:40 AM	SATURDAY POP-UPS w/ Emily LES MILLS Shapes July 11, July 18	
NOON		LES MILLS BODYBALANCE 45 Ericka	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE 45 Ericka	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 Erika
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
6:40 PM	ZUMBA Sierra		Dance Fitness Amanda			**Most classes require a mat. Please bring your own.**		

CYCLE ROOM

TIME	MON	TUES	WED	THU	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	9:15 AM	Phaze 3 Free Spin Rotation	
5:00 PM	LES MILLS sprint 30 Keely	LES MILLS sprint 30 Emily						
6:00 PM				LES MILLS sprint 30 Stella		3:00 PM		Phaze 3 Free Spin Kristin

HOT YOGA STUDIO

TIME	MON	TUE	WED	THU	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	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	10:00 AM	Phaze 3 Hot Foundations Titus	
NOON			Phaze 3 Hot Flow					
						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.***		

POOL

TIME	MON	TUE	WED	THU	FRI
9:00 AM	Phaze 3 Water Aerobics Amanda		Phaze 3 Water Aerobics Christy		Phaze 3 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-4pmt08pm SATURDAY: 8amto1pm SUNDAY: 12pmt04pm

Welcome to Phase 3 Fitness!
 Class descriptions are 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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