

Jones Valley Group Fitness

August

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 Diana					
7:15 AM				3 Sculpt 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 Diana	Saturday Rotation 8/1 Kandy (Dance Fitness) 8/8 Guisella (Zumba) 8/15 Cassie (Dance Fitness) 8/22 Amanda (Dance Fitness) 8/29 Amanda (Dance Fitness)
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 Christy		SilverSneakers Christy	10:40 AM	3 Sculpt Emily C/Crystal	
NOON		LES MILLS BODYBALANCE Ericka	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE Ericka	LES MILLS BODYPUMP Megan	NOON		
4:30 PM	LES MILLS BODYPUMP Emily	3 Circuit Michelle	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Michelle	3 Yoga Linda	1:00 PM		LES MILLS BODYCOMBAT Erika
5:40 PM	LES MILLS BODYCOMBAT Michelle	Dance Fitness Cassie/Eden	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 Amanda	3 Pilates Tiffany		**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 Keely	Free Spin Kristin	Free Spin Keely		Free Spin Susi			
8:15 AM		Free Spin AC		Free Spin Jywanya	Free Spin AC	8:15 AM	LES MILLS sprint Rotation	
9:15 AM	Free Spin Carrie		Free Spin Carrie	LES MILLS RPM Jan	LES MILLS sprint AC	9:15 AM	Free Spin Adrian	
5:00 PM	LES MILLS sprint Keely	LES MILLS sprint Emily						
6:00 PM				LES MILLS sprint Stella		3:00 PM		Free Spin Kristin

HOT YOGA STUDIO

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
5:30 AM	3 Hot Foundations Amanda	3 Hot Strength & Stretch Linda		3 Hot Flow Linda	3 Hot Flow Gagan			
6:30 AM			3 Hot Foundations Taylor/Joelle					
8:30 AM	3 Hot Power Jen	3 Hot Flow Megan	3 Hot Flow Linda	3 Hot Foundations Megan	3 Hot Power Linda	8:30 AM	3 Hot Flow Bob	
10:00 AM		3 Hot Foundations Eileen	3 Hot Power Christie E.	3 Hot Flow Eileen	3 Hot Strength & Stretch Angela	10:00 AM	3 Hot Foundations Titus	
NOON			3 Hot Flow Kristi					
4:30 PM	3 Hot Flow Julia			3 Hot Power Annemarie	3 Hot Foundations Amanda	1:00 PM		3 Hot Flow Robin
5:30 PM		3 Hot Power Jen	3 Hot Foundations Bob					
6:15 PM				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	3 Water Aerobics Amanda		3 Water Aerobics Christy		3 Water Aerobics Christy

Pool closed to open swim while classes are in progress. Thanks for understanding!*

	GYM	KIDS CLUB
OPERATION HOURS	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 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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