

# Group Exercise Schedule

Effective August 1, 2026

| GROUP FITNESS STUDIO | TIME         | MON                                                 | TUE                                      | WED                                            | THURS                                         | FRI                                       | TIME     | SAT                                    | SUN                                  |
|----------------------|--------------|-----------------------------------------------------|------------------------------------------|------------------------------------------------|-----------------------------------------------|-------------------------------------------|----------|----------------------------------------|--------------------------------------|
|                      | 5:15 AM      | <b>LES MILLS BODYPUMP</b><br>Katie                  | <b>LES MILLS BODYCOMBAT</b><br>Candace   | <b>LES MILLS BODYPUMP</b><br>Jen               | <b>LES MILLS BODYCOMBAT</b><br>Candace        | <b>LES MILLS BODYPUMP</b><br>Megan        | 8:15 AM  | <b>LES MILLS BODYCOMBAT</b><br>Leonard |                                      |
|                      | 8:30 AM      | <b>LES MILLS BODYATTACK</b><br>Megan                | <b>LES MILLS BODYPUMP</b><br>Nikole      | <b>ZUMBA</b><br>Charlene                       | <b>LES MILLS BODYCOMBAT</b><br>Liz/Charlene   | <b>LES MILLS BODYBALANCE</b><br>Britney   | 9:30 AM  | <b>LES MILLS BODYPUMP</b><br>Leonard   |                                      |
|                      | 9:30 AM      | <b>LES MILLS BODYPUMP</b><br>Liz                    | <b>ZUMBA</b><br>Charlene                 | <b>LES MILLS BODYPUMP</b><br>Charlene          | <b>LES MILLS BODYBALANCE</b><br>Britney       | <b>LES MILLS BODYPUMP</b><br>Charlene     | 10:45 AM | <b>LES MILLS BODYBALANCE</b><br>Jen    |                                      |
|                      | 10:45 AM     | <b>LES MILLS BODYBALANCE</b><br>Britney             | <b>Pilates</b><br>Jennifer C             | <b>Barre</b><br>Jessie                         | <b>CLASSIC Silver Sneakers</b><br>Jessie      |                                           |          |                                        |                                      |
|                      | 12:00 PM     |                                                     | <b>CLASSIC Silver Sneakers</b><br>Jessie | <b>HIIT</b><br>Cathy                           | <b>ENERCHI Silver Sneakers</b><br>Curtis      |                                           | 12:15 PM |                                        | <b>LES MILLS GRIT</b><br>Dante       |
|                      | 4:30 PM      | <b>LES MILLS BODYPUMP</b><br>Cecilia                | <b>Free Step</b><br>Stacey               | <b>LES MILLS BODYPUMP</b><br>Leonard           | <b>LES MILLS BODYCOMBAT</b><br>Leonard        | <b>LES MILLS BODYPUMP</b><br>Cecilia      | 1:00 PM  |                                        | <b>LES MILLS BODYPUMP</b><br>Jillian |
|                      | 5:30/5:40 PM | *5:40PM* <b>LES MILLS BODYCOMBAT</b><br>Chris/Avery | *5:30PM* <b>HEAVY LIFT</b><br>Sally      | *5:40PM* <b>LES MILLS GRIT</b><br>Dante/Nicole | *5:30PM* <b>LES MILLS BODYPUMP</b><br>Cecilia | *5:40PM* <b>Dance Fitness</b><br>Brittany | 2:05 PM  |                                        | <b>LES MILLS BODYCOMBAT</b><br>Faye  |
|                      | 6:30 PM      | <b>LES MILLS BODYPUMP</b><br>Fe                     | <b>LES MILLS BODYBALANCE</b><br>Sonya    | <b>LES MILLS BODYPUMP</b><br>Fe                | <b>ZUMBA</b><br>Fe                            |                                           | 3:00 PM  |                                        | <b>HEAVY LIFT</b><br>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>sprint</b><br>Jen      | <b>LES MILLS RPM</b><br>Jen | <b>Free Spin</b><br>Nes   | <b>Free Spin</b><br>Adrian   | <b>sprint</b><br>Jen       |         |                           |                           |
|              | 8:30 AM  | <b>Free Spin</b><br>Abria | <b>sprint</b><br>Lindsey    |                           |                              | <b>sprint</b><br>Lindsey   |         |                           |                           |
|              | 12:00 PM |                           | <b>Free Spin</b><br>Abria   |                           |                              |                            | 9:15 AM | <b>Free Spin</b><br>Abria |                           |
|              | 4:30 PM  |                           |                             |                           |                              | <b>Free Spin</b><br>Adrian |         |                           |                           |
|              | 5:15 PM  | <b>Free Spin</b><br>Abria |                             | <b>sprint</b><br>Emmanuel |                              |                            | 3:00 PM |                           | <b>Free Spin</b><br>Abria |
|              | 5:30 PM  |                           | <b>Free Spin</b><br>Adrian  |                           |                              |                            |         |                           |                           |
|              | 6:15 PM  |                           | <b>Free Spin</b><br>Abria   |                           | <b>Free Spin</b><br>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><br>Taylor |                         | <b>Hot Power</b><br>Julia      |                                            | <b>Hot Power</b><br>Toisha                                                    |          | SATURDAY YOGA<br>STYLES & INSTRUCTORS<br>ROTATE WEEKLY. KEEP AN<br>EYE ON THE HOT YOGA<br>DOOR OR FACEBOOK FOR<br>UPDATES! |                                          |
|                 | 8:30 AM  | <b>Hot Flow</b><br>Jennifer C               | <b>Hot Flow</b><br>Pam  | <b>Hot Power</b><br>Kaelie     | <b>Hot Flow</b><br>Amy                     | <b>Hot Foundations</b><br>Jennifer/ Katie                                     |          |                                                                                                                            |                                          |
|                 | 10:00 AM | <b>Hot Power</b><br>Jillian                 |                         | <b>Hot Flow</b><br>Amy         | <b>NOT HOT Level 2 Pilates</b><br>Jennifer | <b>Hot Flow</b><br>Dana                                                       | 8:30 AM  | <b>Hot Yoga</b>                                                                                                            |                                          |
|                 | 4:30 PM  | <b>Hot Power</b><br>AnneMarie               |                         | <b>Hot Yin</b><br>Katie        |                                            | <b>Hot Flow</b><br>8/7 - Toisha<br>8/14 - Pam<br>8/21 - Kristi<br>8/28 - Dana | 10:00 AM | <b>Hot Yoga</b>                                                                                                            |                                          |
|                 | 5:30 PM  |                                             | <b>Hot Power</b><br>Bob |                                | <b>Hot Power</b><br>Julia                  |                                                                               | 12:15 PM |                                                                                                                            | <b>Hot Strength &amp; Stretch</b><br>Pam |
|                 | 6:00 PM  | <b>Hot Strength &amp; Stretch</b><br>Kristi |                         | <b>Hot Foundations</b><br>Dana |                                            |                                                                               | 1:30 PM  |                                                                                                                            | <b>Hot Yin</b><br>Toisha                 |

| POOL | TIME     | MON                                       | TUE                           | WED                                       | THURS                                                         | FRI                                       |
|------|----------|-------------------------------------------|-------------------------------|-------------------------------------------|---------------------------------------------------------------|-------------------------------------------|
|      | 9:30 AM  | <b>Water Aerobics</b><br>Cathy            | <b>Water Aerobics</b><br>Tara | <b>Water Aerobics</b><br>Jill             |                                                               | <b>Water Aerobics</b><br>Jill             |
|      | 10:30 AM | Pool Closed for Cleaning<br>10:30 - 11:15 |                               | Pool Closed for Cleaning<br>10:30 - 11:15 |                                                               | Pool Closed for Cleaning<br>10:30 - 11:15 |
|      | 4:00 PM  |                                           |                               |                                           | 8/6 - Tara<br>8/13 - Cynthia<br>8/20 - Tara<br>8/27 - Cynthia |                                           |

\*\*\*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](mailto: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)!

| HOURS OF OPERATION | GYM                       | KIDS CLUB                                 |
|--------------------|---------------------------|-------------------------------------------|
|                    | MON - THURS: 5 AM - 10 PM | MON - FRI: 8 AM - 1 PM and<br>4 PM - 8 PM |
|                    | FRIDAY: 5 AM - 9 PM       |                                           |
|                    | SATURDAY: 8 AM - 6 PM     | SATURDAY: 8 AM - 1 PM                     |
|                    | SUNDAY: 10 AM - 6 PM      | SUNDAY: 12 PM - 4 PM                      |