

Jones Valley Group Fitness September

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 Emily C				
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 9/5 Kandy (Dance Fitness) 9/12 Guisella (Zumba) 9/19 Amanda (Dance Fitness) 9/26 Christy (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			SilverSneakers 45 Christy	Dance Fitness Kandy	SilverSneakers 45 Christy	10:40 AM	Phaze 3 Sculpt 45 Emily C/Crystal	
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 Liz/Nikole
6:40 PM	ZUMBA Sierra		Dance Fitness 45 Amanda	Phaze 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 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			LES MILLS RPM 45 Jan	LES MILLS sprint 30 AC	9:30 AM	Phaze 3 Free Spin Adrian	
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 Linda	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 Angela	10:00 AM	Phaze 3 Hot Foundations Titus	
NOON			Phaze 3 Hot Flow Kristi					
						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 WaterAerobics Amanda		Phaze 3 WaterAerobics Christy		Phaze 3 WaterAerobics Christy

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

OPERATION OF HOURS	GYM	KIDS CLUB
	MON - THURS: 5am - 10pm FRIDAY: 5am - 9pm SATURDAY: 8am - 6pm SUNDAY: 10am - 6pm	MON-FRI: 8am -1pm and 4pm - 8pm SATURDAY: 8am - 1pm SUNDAY: 12pm - 4pm

Welcome to Phaze 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 mail: phaze3michelle@gmail.com



Jones Valley
1319 Four Mile Post Road SE
Huntsville, AL 35802
Phone: 256.925.0338
www.phaze3fitness.com