

Group Exercise Schedule

Effective September 1, 2026

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	LES MILLS BODYPUMP Katie	LES MILLS BODYCOMBAT Candace	LES MILLS BODYPUMP Jen	LES MILLS BODYCOMBAT Candace	LES MILLS BODYPUMP Megan	8:15 AM	LES MILLS BODYCOMBAT Leonard	
	8:30 AM	LES MILLS BODYATTACK Megan	LES MILLS BODYPUMP Nikole	ZUMBA Charlene	LES MILLS BODYCOMBAT Liz/Charlene	LES MILLS BODYBALANCE Britney	9:30 AM	LES MILLS BODYPUMP Leonard	
	9:30 AM	LES MILLS BODYPUMP Liz	ZUMBA Charlene	LES MILLS BODYPUMP Charlene	LES MILLS BODYBALANCE Britney	LES MILLS BODYPUMP Charlene	10:45 AM	LES MILLS BODYBALANCE Jen	
	10:45 AM	LES MILLS BODYBALANCE Britney	Pilates Jennifer C	Barre Jessie	CLASSIC Silver Sneakers Jessie				
	12:00 PM		CLASSIC Silver Sneakers Jessie	HIT Cathy	ENERCHI Silver Sneakers Curtis		12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	Free Step Stacey	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Leonard	LES MILLS BODYPUMP Cecilia	1:00 PM	LES MILLS BODYPUMP Jillian	
	5:30/5:40 PM	*5:40PM* LES MILLS BODYCOMBAT Chris/Avery	*5:30PM* HEAVY LIFT Sally	*5:40PM* LES MILLS GRIT Dante/Nicole	*5:30PM* LES MILLS BODYPUMP Cecilia	*5:40PM* Dance Fitness Brittany	2:05 PM	LES MILLS BODYCOMBAT Faye	
	6:30 PM	LES MILLS BODYPUMP Fe	LES MILLS BODYBALANCE Sonya	LES MILLS BODYPUMP Fe	ZUMBA Fe		3:00 PM		HEAVY LIFT 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	sprint Jen	LES MILLS RPM Jen	Free Spin Nes	Free Spin Adrian	sprint Jen			
	8:30 AM	Free Spin Abria	sprint Lindsey			sprint Lindsey			
	12:00 PM		Free Spin Abria				9:15 AM	Free Spin Abria	
	4:30 PM								
	5:15 PM	Free Spin Abria		sprint Emmanuel			3:00 PM		Free Spin Abria
	5:30 PM					Free Spin Adrian			
	6:15 PM		Free Spin Abria		Free Spin 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	Hot Strength & Stretch Taylor		Hot Power Julia		Hot Power Toisha		SATURDAY YOGA STYLES & INSTRUCTORS ROTATE WEEKLY. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR UPDATES!	
	8:30 AM	Hot Flow Jennifer C	Hot Flow Pam	Hot Power Kaelie	Hot Flow Amy	Hot Foundations Jennifer/ Katie			
	10:00 AM	Hot Power Jillian	Hot Power AnneMarie	Hot Flow Amy	NOT HOT Level 2 Pilates Jennifer	Hot Flow Dana	8:30 AM	Hot Yoga	
	4:30 PM	NOT HOT Pilates Jennifer		Hot Yin Katie		NOT HOT Yoga 9/4 - Julia 9/11 - Jillian 9/18 - *PILATES* 9/25 - Jennifer T	10:00 AM	Hot Yoga	
	5:30 PM		Hot Power Bob		Hot Power Julia	POP UP! Pilates 4:30 PM 9/18 Jennifer C	12:15 PM		Hot Strength & Stretch Pam
	6:00 PM	Hot Strength & Stretch Kristi		Hot Foundations Dana			1:30 PM		Hot Yin Toisha

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	Water Aerobics Cathy	Water Aerobics Tara	Water Aerobics Jill		Water Aerobics Jill
	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				9/3 - Angela 9/10 - Tara 9/17 - Tara 9/24 - Joyce	

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

We look forward to seeing you in the next class!

Schedule and class descriptions are also available on our website www.phaze3fitness.com!

HOURS OF OPERATION

GYM	KIDS CLUB
MON - THURS: 5 AM - 10 PM FRIDAY: 5 AM - 9 PM SATURDAY: 8 AM - 6 PM SUNDAY: 10 AM - 6 PM	MON - FRI: 8 AM - 1 PM and 4 PM - 8 PM SATURDAY: 8 AM - 1 PM SUNDAY: 12 PM - 4 PM