

Jones Valley Group Fitness September

MAIN FITNESS STUDIO

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
6:15 AM		LES MILLS BODYPUMP Bridget		LES MILLS BODYPUMP Bridget				
7:15 AM				3 Sculpt Emily C				
8:15 AM	LES MILLS BODYBALANCE Diana	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	3 In Dance Fitness Quinta	8:15 AM	LES MILLS BODYPUMP Diana	Saturday Rotation 9/5 Kandy (Dance Fitness) 9/12 Guiselle (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	3 In Dance Fitness ZUMBA	
11:00 AM			Silver Sneakers Christy	3 In Dance Fitness Kandy	Silver Sneakers 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			
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 Michele	3 In Dance Fitness Cassie/Eden	3 Circuit Faye	3 In Dance Fitness Mira	LES MILLS BODYPUMP Michelle	2:00 PM		LES MILLS BODYPUMP Liz/Nikole
6:40 PM	ZUMBA Sierra		3 In 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
6:30 AM	LES MILLS sprint Keely	3 Free Spin Kristin	3 Free Spin Keely		3 Free Spin Susi			
8:15 AM		3 Free Spin AC		3 Free Spin Jywanysa	3 Free Spin AC	8:15 AM	LES MILLS sprint Rotation	
9:15 AM	3 Free Spin Carrie			LES MILLS RPM Jan	LES MILLS sprint AC	9:30 AM	3 Free Spin Adrian	
5:00 PM	LES MILLS sprint Keely	LES MILLS sprint Emily						
6:00 PM				LES MILLS sprint Stella		3:00 PM		3 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					
						1:00 PM		3 Hot Power Robin
4:30 PM	3 Hot Flow Julia			3 Hot Power Annemarie	3 Hot Foundations Amanda			
5:30 PM		3 Hot Power Jen	3 Hot Foundations Bob					
6:15 PM				3 Hot Power 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!

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 - 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



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