

Perfect Workout Gym – Downstairs Aerobics Room

Monday – Thursday: 4:00am – 10:00pm
 Friday: 4:00am – 8:00pm

(828) 465-4055
<http://www.perfectworkoutgym.net>

Saturday: 8:00am – 5:00pm
 Sunday: 1:00pm – 5:00pm

July 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:45am – 11:45am Body Sculpt Sharon
3 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	4 CLOSED 	5 10:30am – 11:30am Toning Sharon 6:00pm – 7:00pm Tabata (High Intensity Interval Training) Sharon	6 5:15-pm-5:30pm Abs 5:30-pm-6:15pm Total Body Training Becky 6:40pm – 7:40pm Bootilates 30min Booty Lift 30min Pilates Sharon	7 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	8 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Bikini Body Ready (abs,glutes,thighs) Sharon
10 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) 6:30pm – 7:30pm Step/Interval Mix Michelle	11 5:15-pm-5:30pm Abs 5:30-pm-6:15pm Total Body Training Becky 6:40pm – 7:40pm Toning Sharon	12 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Piloxing (Cardio Boxing Class) Sharon	13 12:15pm – 1:00pm Toning Sharon 6:40pm – 7:40pm Bikini Body Ready (abs,glutes,thighs) Sharon	14 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon	15 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
17 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	18 5:15-pm-5:30pm Abs 5:30-pm-6:15pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	19 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Shred It! (Cardio Class) Sharon (4-5min Cardio/4-5min Stength/4 -5min Abs Repeated for a total of 3 sets)	20 5:15-pm-5:30pm Abs 5:30-pm-6:15pm Total Body Training Becky 6:40pm – 7:40pm Body Sculpt Sharon	21 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	22 10:00am-11:00am X-mas in July (lunges,squats,push- ups,planks,dips,burpees, deadlifts) Becky
24 6:00pm – 7:00pm Step/Interval Mix Michelle	25 5:15-pm-5:30pm Abs 5:30-pm-6:15pm Total Body Training Becky	26 5:00pm – 5:45pm Zumba Gold Maria 6:00pm-7:00pm X-mas in July (lunges,squats,push- ups,planks,dips,burpees, deadlifts) Becky	27 6:30pm – 7:30pm Step/Interval Mix Michelle	28 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 5:15pm – 6:00pm Zumba Gold Maria	29 NO CLASSES DOWN YOGA UPSTAIRS
31 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) 6:30pm – 7:30pm Step/Interval Mix Michelle					