

# 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

| August 2017 Class Schedule   |  |  |  |  |  |
|--|--|--|--|--|--|
| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|  | <b>1</b>   | <b>2</b>   | <b>3</b>   | <b>4</b>   | <b>5</b>   |
|  | 6:40pm – 7:40pm<br>Bikini Body Ready<br>(abs,glutes,thighs)<br>Sharon  | 6:00pm - 7:00pm<br>Tabata<br>(High Intensity Interval<br>Training)<br>Sharon<br><br>5:00pm – 5:45pm<br>Zumba Gold<br>Maria   | 5:15pm – 5:30pm<br>Abs<br>5:30pm-6:15pm<br>Total Body Training<br>Becky<br><br>6:40pm – 7:40pm<br>Toning<br>Sharon   | 5:30AM-6:30AM<br>MAXFIT<br>BOOTCAMP<br>LAMAR<br>12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon<br>5:15pm – 6:00pm<br>Zumba Gold<br>Maria         | 9:35am – 10:40am<br>Dance Fit(min age 15)<br>Sharon<br><br>10:45am – 11:45am<br>Body Sculpt<br>Sharon                              |
| <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>  |
| 12:15pm – 1:00pm<br>Pilates<br>4:30pm – 5:20pm<br>Pilates<br>5:30pm- 6:30pm<br>Dance Fit (min age 15)<br>Sharon<br><br>6:30pm – 7:30pm<br>Step/Interval Mix<br>Michelle  | 6:40pm – 7:40pm<br>Body Sculpt<br>Sharon   | 6:00pm – 7:00pm<br>Piloxing<br>(Boxing Cardio Class)<br>Sharon<br><br>5:00pm – 5:45pm<br>Zumba Gold<br>Maria   | 12:15pm – 1:00pm<br>Toning<br>Sharon<br>5:15pm – 5:30pm<br>Abs<br>5:30pm-6:15pm<br>Total Body Training<br>Becky<br>6:40pm – 7:40pm<br>Bootilates<br>30min Booty Lift<br>30min Pilates<br>Sharon  | 5:30AM-6:30AM<br>MAXFIT<br>BOOTCAMP<br>LAMAR<br><br>12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon<br>5:15pm – 6:00pm<br>Zumba Gold<br>Maria     | 9:35am – 10:40am<br>Dance Fit(min age 15)<br>Sharon<br><br>10:50am – 11:55am<br>Bikini Body Ready<br>(abs,glutes,thighs)<br>Sharon |
| <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>19</b>  | <b>20</b>  |
| 12:15pm – 1:00pm<br>Pilates<br>4:30pm – 5:20pm<br>Pilates<br>5:30pm- 6:30pm<br>Dance Fit (min age 15)<br>Sharon<br><br>6:30pm – 7:30pm<br>Step/Interval Mix<br>Michelle  | 5:15pm – 5:30pm<br>Abs<br>5:30pm-6:15pm<br>Total Body Training<br>Becky<br><br>6:40pm – 7:40pm<br>Barre<br>Sharon  | 10:30am – 11:30am<br>Toning<br>Sharon<br><br>5:00pm – 5:45pm<br>Zumba Gold<br>Maria<br><br>6:00pm – 7:00pm<br>CardioSculpt<br>(Cardio Class/Weights)<br>Sharon                           | 6:40pm – 7:40pm<br>Pilates<br>Sharon   | 5:30AM-6:30AM<br>MAXFIT<br>BOOTCAMP<br>LAMAR<br><br>12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon<br><br>5:15pm – 6:00pm<br>Zumba Gold<br>Maria | 9:35am – 10:40am<br>Dance Fit(min age 15)<br>Sharon<br><br>10:50am – 11:55am<br>Body Sculpt<br>Sharon                              |
| <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>  |
| 12:15pm – 1:00pm<br>Pilates<br>4:30pm – 5:20pm<br>Pilates<br>5:30pm – 6:30pm<br>Dance Fit (min age 15)<br>Sharon<br><br>6:30pm – 7:30pm<br>Step/Interval Mix<br>Michelle | 6:40pm – 7:40pm Bikini<br>Bikini Body Ready<br>(abs,glutes,thighs)<br>Sharon                                       | 5:00pm – 5:45pm<br>Zumba Gold<br>Maria<br>6:00pm – 7:00pm<br>Shred It!<br>(Cardio Class)<br>Sharon<br>(4-5min Cardio/4-5min<br>Stength/4 -5min Abs<br>Repeated for a total of 3<br>sets) | 12:15pm – 1:00pm<br>Bikini Body Ready<br>(abs,glutes,thighs)<br>Sharon<br>5:00pm – 5:15pm<br>Abs<br>5:15pm-6:00pm<br>Total Body Training<br>Becky<br>6:40pm – 7:40pm<br>Sculptilates<br>30 mins – Body Sculpt<br>30 mins - Pilates<br>Sharon | 5:30AM-6:30AM<br>MAXFIT<br>BOOTCAMP<br>LAMAR<br><br>12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon<br><br>5:15pm – 6:00pm<br>Zumba Gold<br>Maria | 9:35am – 10:40am<br>Dance Fit(min age 15)<br>Sharon<br><br>10:50am – 11:55am<br>Bikini Body Ready<br>(abs,glutes,thighs)<br>Sharon |
| <b>28</b>  | <b>29</b>  | <b>30</b>  | <b>31</b>  |  |  |
| 12:15pm – 1:00pm<br>Pilates<br>4:30pm – 5:20pm<br>Pilates<br>5:30pm – 6:30pm<br>Dance Fit (min age 15)<br>Sharon<br><br>6:30pm – 7:30pm<br>Step/Interval Mix<br>Michelle | 5:15pm – 5:30pm<br>Abs<br>5:30pm-6:15pm<br>Total Body Training<br>Becky<br><br>6:40pm – 7:40pm<br>Toning<br>Sharon | 5:00pm – 5:45pm<br>Zumba Gold<br>Maria<br><br>6:00pm – 7:00pm<br>Train Insane!<br>(High Intensity Interval<br>Training)<br>Sharon  | 5:15pm – 5:30pm<br>Abs<br>5:30pm-6:15pm<br>Total Body Training<br>Becky<br><br>6:40pm – 7:40pm<br>Barre<br>Sharon  |  |  |