

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

October 2017 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Standing Pilates/Booty Lift Sharon	10:30am – 11:30am Toning Sharon 6:00pm – 7:00pm Piloxing (Boxing Cardio Class) Sharon	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Halloween Costume Ready (arms,abs,glutes,thighs) Sharon	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:50am Body Sculpt Sharon
9	10	11	12	13	14
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm- 7:00pm Extended Dance Fit (min age 15) Sharon	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 5:15pm – 6:00pm Zumba Gold Maria	9:30am-10:30am Tabata Becky
16	17	18	19	20	21
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Body Sculpt Sharon	10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata (High Intensity Interval Training) Sharon	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Bootilates ½ Booty Lift ½ Pilates Sharon	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
23	24	25	26	27	28
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm – 7:00pm Extended Dance Fit (min age 15) Sharon	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Halloween Costume Ready (arms,abs,glutes,thighs) 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)	12:15pm – 1:00pm Toning Sharon 5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna	12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
30	31				
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm – 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15-pm-6:00pm Total Body Training Becky 				