

# Perfect Workout Gym – Upstairs Aerobics Rooms

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

## January 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>OPEN HOUSE</b> <b>New Years Day</b> <b>Hours:</b> <b>10:00am-</b> <b>10:00pm</b> <b>BRING A</b> <b>FRIEND FREE</b>	<b>2</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy  5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	<b>3</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>4</b> 12:15pm – 1:25pm Stretch/Gentle Yoga Level 1  6:30pm - 7:30pm Spin Cycle Wanda  5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon	<b>5</b> <b>8:30am - 9:30am</b> <b>Spin Cycle</b> <b>Kim</b>	<b>6</b> 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
<b>8</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>9</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy  5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	<b>10</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>11</b> <u>5:30pm – 6:45pm</u> <u>Extended Yoga Flow</u> <u>Level 1/2</u> (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	<b>12</b> <b>8:30am - 9:30am</b> <b>Spin Cycle</b> <b>Kim</b>	<b>13</b> 10:45am –11:55pm Yoga Level 1 Beginner Basics Maria
<b>15</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b> <b>6:45pm - 8:00pm</b> <b>Heated Cardio</b> <b>Yoga Flow</b> <b>Level 2/3</b> <b>Katie</b>	<b>16</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy  5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	<b>17</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>18</b> 12:15pm – 1:25pm Stretch/Gentle Yoga Level 1  5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Wanda	<b>19</b> <b>8:30am - 9:30am</b> <b>Spin Cycle</b> <b>Kim</b>	<b>20</b> 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
<b>Sunday 14</b> <b>3:00pm</b> <b>Projector Yoga</b> <b>Heat/Aroma</b>					
<b>22</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>23</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy  5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	<b>24</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>25</b> <u>5:30pm – 6:45pm</u> <u>Extended Yoga Flow</u> <u>Level 1/2</u> (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Wanda	<b>26</b> <b>8:30am - 9:30am</b> <b>Spin Cycle</b> <b>Kim</b>	<b>27</b> 10:45am –11:55pm Yoga Level 1 Beginner Basics Maria
<b>29</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>	<b>30</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy  5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	<b>31</b> <b>5:30am-6:30am</b> <b>Spin</b> <b>Robert</b>			
<b>Sunday 28</b> <b>3:00pm</b> <b>Projector Yoga</b> <b>Heat/Aroma</b>					