

# 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

## May 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 30</b> 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	<b>1</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Bikini Body Ready (abs,glutes,thighs) Sharon	<b>2</b> 6:00pm – 7:00pm Tabata (High Intensity Interval Training) Sharon  5:00pm – 5:45pm Zumba Gold Maria	<b>3</b> 12:15pm – 1:00pm Toning Sharon 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	<b>4</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>5</b> 9:35am – 10:40am Dance Fit(min age 15) Sharon  10:50am – 11:50am Body Sculpt Sharon
<b>7</b> 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:35pm- 6:30pm Dance Fit (min age 15) Sharon  6:30pm – 7:30pm Step/Interval Mix Michelle	<b>8</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Body Sculpt Sharon	<b>9</b> 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional Sharon	<b>10</b> 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna	<b>11</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>12</b> 9:35am – 10:40am Dance Fit(min age 15) Sharon  10:50am – 11:55am Toning/Body Sculpt Mix Sharon
<b>14</b> 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:35pm- 6:30pm Dance Fit (min age 15) Sharon  6:30pm – 7:30pm Step/Interval Mix Michelle	<b>15</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Abs and Glutes Sharon	<b>16</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	<b>17</b> 12:15pm – 1:00pm Toning Sharon 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna	<b>19</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>20</b> 9:35am – 10:40am Dance Fit(min age 15) Sharon  10:50am – 11:55am Body Sculpt Sharon
<b>21</b> 12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:35pm – 6:30pm Dance Fit (min age 15) Sharon  6:30pm – 7:30pm Step/Interval Mix Michelle	<b>22</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	<b>23</b> 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)	<b>24</b> 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna	<b>25</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 5:15pm – 6:00pm Zumba Gold Maria	<b>26</b> No Classes Downstairs  Yoga Upstairs
<b>28</b> <b>CLOSED</b> 	<b>29</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Toning/Body Sculpt Mix Sharon	<b>30</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Train Insane! (High Intensity Interval Training) Sharon	<b>31</b> 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20 Cardio,Core,Strength Jenna		