

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

January 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEARS DAY 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	2 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Sculpt-n-Toning (A mix of Body Sculpting and Toning) Sharon	3 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Piloxing (Boxing Cardio Class) Sharon	4 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Body Sculpt Sharon	5 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	6 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
8 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	9 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Valentines Day Ready! Arms,Glutes,Legs, Ahs Sharon	10 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata (High Intensity Interval Training) Sharon	11 12:15pm – 1:00pm Toning Sharon 6:30pm – 7:15pm 20/20/20 Cardio,Abs, Weights Jenna	12 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	13 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
15 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	16 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Barre Sharon	17 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	18 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Valentines Day Ready! Arms,Glutes,Legs, Ahs Sharon	19 5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	20 9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
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29 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	30 5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:30pm Barre Sharon	31 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Train Insane! (High Intensity Interval Training) Sharon			