

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

March 2018 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Feb 28	1	2	3
		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 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Spring Ready! abs,arms,glutes,thighs Sharon	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
5	6	7	8	9	10
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	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	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional Sharon	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/ Jenna (cardio/strength/abs)	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 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
12	13	14	15	16	17
12:15pm – 1:00pm Pilates 4:30pm – 5:25pm Pilates 5:30pm- 7:00pm Extended Dance Fit (min age 15) Sharon	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 Spring Ready! (abs,arms,glutes,thighs) Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioSculpt Cardio/ and Weight Class Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20/ Jenna (cardio/strength/abs)	5:00AM-6:00AM 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 Toning/Body Sculpt Mix Sharon
19	20	21	22	23	24
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	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	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 Repeated for a total of 3 sets)	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/ Jenna (cardio/strength/abs)	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 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
26	27	28	29	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	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	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Train Insane! (High Intensity Interval Training) Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	12:15pm – 1:00pm Pilates w/ Weights Sharon	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt/Toning Mix Sharon