

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 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
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	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Sculpt-n-Toning Sharon	10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Shred It! Cardio Class (4-5min Cardio/4-5min Stength/4 -5min Abs	10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:30pm – 7:15pm 20/20/20 Cardio,Abs, Weights Jenna	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
8	9	10	11	12	13
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:45pm Dance Fit (min age 15) Sharon	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Barre Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Toning Sharon 6:30pm – 7:15pm 20/20/20 Cardio,Abs, Weights Jenna	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
15	16	17	18	19	20
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:45pm Dance Fit (min age 15) Sharon	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning 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 Box and Burn (Cardio Boxing Class) Light weights or gloves are optional	10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:30pm – 7:15pm 20/20/20 Cardio,Abs, Weights Jenna	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 5:15pm – 6:00pm Zumba Gold Maria	No Classes Down Yoga Upstairs
22	23	24	25	26	27
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	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Sculpt-n-Toning (A mix of Body Sculpting and Toning) Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Sandbag Interval Training (Cardio Class/Sandbags) Sharon LIMIT 20 PEOPLE	10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Halloween Costume Ready (arms,abs,glutes,thigh 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Barre Sharon	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
29	30	31			
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