

# 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

December 2018 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				November 30	1
				5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR	9:35am – 10:40am Dance Fit(min age 15) Sharon
				10:00am – 11:00am Senior Cardio Dance Theresa	10:50am – 11:55am Body Sculpt Sharon
				12:15pm – 1:00pm Pilates w/ Weights Sharon	
3	4	5	6	7	8
12:15pm – 1:00pm Pilates	12:15pm – 1:15pm Yoga Lunch Level 1	10:30am – 11:30am Toning Sharon	10:00am – 11:00am Senior Fitness Theresa	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR	9:35am – 10:40am Dance Fit(min age 15) Sharon
4:30pm – 5:20pm Pilates	5:00pm – 5:15pm Abs	5:00pm – 5:45pm Zumba Gold Maria	5:00pm – 5:15pm Abs	10:00am – 11:00am Senior Cardio Dance Theresa	10:50am – 11:55am Body Sculpt Sharon
5:30pm- 6:30pm Dance Fit (min age 15) Sharon	5:15-pm-6:00pm HIIT cardio-toning Becky	6:00pm – 7:00pm Shred It! (Cardio Class) Sharon	5:15-pm-6:00pm HIIT cardio-toning Becky	12:15pm – 1:00pm Pilates w/ Weights Sharon	
6:35pm – 7:30pm Step/Interval Mix Michelle	6:40pm – 7:40pm Glutes--ABS 30min Butt Lift 30min ABS Sharon	(4-5min Cardio/4-5min Stength/4 -5min Abs)	6:40pm – 7:40pm Holiday Party Ready (arms,abs,glutes,legs) Sharon	5:15pm – 6:00pm Zumba Gold Maria	
10	11	12	13	14	15
12:15pm – 1:00pm Pilates	12:15pm – 1:15pm Yoga Lunch Level 1 Amy	5:00pm – 5:45pm Zumba Gold Maria	10:00am – 11:00am Senior Fitness Theresa	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR	NO CLASS
4:30pm – 5:20pm Pilates	5:00pm – 5:15pm Abs	6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional	12:15pm – 1:00pm Toning	10:00am – 11:00am Senior Cardio Dance Theresa	
5:30pm- 6:30pm Dance Fit (min age 15)	5:15-pm-6:00pm HIIT cardio-toning Becky		5:00pm – 5:15pm Abs	12:15pm – 1:00pm Pilates w/ Weights Sharon	
6:35pm – 7:30pm Step/Interval Mix Michelle	6:40pm – 7:40pm Toning Sharon		5:15-pm-6:00pm HIIT cardio-toning Becky		
			6:35pm – 7:30pm 20/20/20-Michelle		
17	18	19	20	21	22
12:15pm – 1:00pm Pilates	12:15pm – 1:15pm Yoga Lunch Level 1 Amy	10:30am – 11:30am Toning Sharon	10:00am – 11:00am Senior Fitness Theresa	5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR	9:35am – 10:40am Dance Fit(min age 15) Sharon
4:30pm – 5:20pm Pilates	5:00pm – 5:15pm Abs	5:00pm – 5:45pm Zumba Gold Maria	6:40pm – 7:40pm Barre Sharon	10:00am – 11:00am Senior Cardio Dance Theresa	10:50am – 11:55am Body Sculpt Sharon
5:30pm – 6:30pm Dance Fit (min age 15) Sharon	5:15-pm-6:00pm HIIT cardio-toning Becky	6:00pm – 7:00pm Sandbag Interval Training (Cardio Class/Sandbags) Sharon		12:15pm – 1:00pm Pilates w/ Weights Sharon	
6:35pm – 7:30pm Step/Interval Mix Michelle	6:30pm – 7:30pm Sculptilates 30 mins – Body Sculpt 30 mins – Pilates Sharon	LIMIT 20 PEOPLE		5:15pm – 6:00pm Zumba Gold Maria	
24	25	26	27	28	29
12:15pm – 1:00pm Pilates		6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	10:00am – 11:00am Senior Fitness Theresa	10:00am – 11:00am Senior Cardio Dance Theresa	9:35am – 10:40am Dance Fit(min age 15) Sharon
4:30pm – 5:20pm Pilates	CLOSED		12:15pm – 1:00pm Holiday Party Ready (arms,abs,glutes,legs) Sharon	12:15pm – 1:00pm Pilates w/ Weights Sharon	10:50am – 11:55am Body Sculpt Sharon
5:30pm – 6:15pm Dance Fit (min age 15) Sharon				5:15pm – 6:00pm Zumba Gold Maria	
CLOSING AT 6:30pm					
31	1	OPEN HOUSE New Years Day Hours: 10:00am10:00pm BRING A FRIEND FOR FREE			
12:15pm – 1:00pm Pilates	2:00pm-2:45pm Pilates Sharon				
4:30pm – 5:20pm Pilates	3:00pm-4:30pm DanceFit Sharon				
CLOSING AT 6:30 PM Happy New Year					