

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 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December 31</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:30pm – 5:30pm Pilates</p> <p>CLOSING AT 6:30 PM Happy New Year</p>	<p>1</p> <p>New Years Day Special Classes</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>2:00pm-2:45pm Pilates Sharon</p> <p>3:00pm-4:30pm DanceFit Sharon</p>	<p>2</p> <p>10:30am – 11:30am Toning Sharon</p> <p>5:00pm – 5:45pm Zumba Gold Maria</p> <p>6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon</p>	<p>3</p> <p>10:00am – 11:00am Senior Fitness Theresa</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:40pm – 7:40pm New Year Commitment (arms,abs,glutes,legs) Sharon</p>	<p>4</p> <p>5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR</p> <p>10:00am – 11:00am Senior Cardio Dance Theresa</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>5:15pm – 6:00pm Zumba Gold Maria</p>	<p>5</p> <p>9:35am – 10:40am Dance Fit(min age 15) Sharon</p> <p>10:50am – 11:50am Body Sculpt Sharon</p>
<p>7</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:30pm – 5:20pm Pilates</p> <p>5:35pm- 6:30pm Dance Fit (min age 15) Sharon</p> <p>6:30pm – 7:30pm Step/Interval Mix Michelle</p>	<p>8</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:40pm – 7:40pm Body Sculpt Sharon</p>	<p>9</p> <p>5:00pm – 5:45pm Zumba Gold Maria</p> <p>6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional Sharon</p>	<p>10</p> <p>10:00am – 11:00am Senior Fitness Theresa</p> <p>12:15pm – 1:00pm New Year Commitment (arms,abs,glutes,legs)</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:30PM-7:30PM MAXFIT BOOTCAMP LAMAR</p>	<p>11</p> <p>5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR</p> <p>10:00am – 11:00am Senior Cardio Dance Theresa</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>5:15pm – 6:00pm Zumba Gold Maria</p>	<p>12</p> <p>9:35am – 10:40am Dance Fit(min age 15) Sharon</p> <p>10:50am – 11:55am Toning/Body Sculpt Mix Sharon</p>
<p>14</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:30pm – 5:20pm Pilates</p> <p>5:35pm- 6:30pm Dance Fit (min age 15) Sharon</p> <p>6:30pm – 7:30pm Step/Interval Mix Michelle</p>	<p>15</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:40pm – 7:40pm Barre Sharon</p>	<p>16</p> <p>10:30am – 11:30am New Year Commitment (arms,abs,glutes,legs) Sharon</p> <p>5:00pm – 5:45pm Zumba Gold Maria</p> <p>6:00pm – 7:00pm Sandbag Interval Training (Cardio Class/Sandbags) Sharon</p> <p>LIMIT 20 PEOPLE</p>	<p>17</p> <p>10:00am – 11:00am Senior Fitness Theresa</p> <p>5:30pm – 6:30pm 20/20/20 Cardio/Weights/Abs Michelle</p>	<p>19</p> <p>5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR</p> <p>10:00am – 11:00am Senior Cardio Dance Theresa</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>5:15pm – 6:00pm Zumba Gold Maria</p>	<p>20</p> <p>9:35am – 10:40am Dance Fit(min age 15) Sharon</p> <p>10:50am – 11:55am Body Sculpt Sharon</p>
<p>21</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:30pm – 5:20pm Pilates</p> <p>5:35pm – 7:00pm Extended Dance Fit (min age 15) Sharon</p>	<p>22</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>6:40pm – 7:40pm 30min Butt Lift 30min ABS Sharon</p>	<p>23</p> <p>5:00pm – 5:45pm Zumba Gold Maria</p> <p>6:00pm – 7:00pm Shred It! (Cardio Class) Sharon</p> <p>(4-5min Cardio/4-5min Stength/4 -5min Abs)</p>	<p>24</p> <p>10:00am – 11:00am Senior Fitness Theresa</p> <p>12:15pm – 1:00pm Toning Sharon</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p>	<p>25</p> <p>5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR</p> <p>10:00am – 11:00am Senior Cardio Dance Theresa</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>5:15pm – 6:00pm Zumba Gold Maria</p>	<p>26</p> <p>9:35am – 10:40am Dance Fit(min age 15) Sharon</p> <p>10:50am – 11:55am Body Sculpt Sharon</p>
<p>28</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:30pm – 5:20pm Pilates</p> <p>5:35pm – 6:30pm Dance Fit (min age 15) Sharon</p> <p>6:30pm – 7:30pm Step/Interval Mix Michelle</p>	<p>29</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:40pm – 7:40pm Toning/Body Sculpt Mix Sharon</p>	<p>30</p> <p>10:30am – 11:30am Toning Sharon</p> <p>5:00pm – 5:45pm Zumba Gold Maria</p> <p>6:00pm – 7:15pm Kitchen Sink A mixture of All Classes taught by Sharon</p>	<p>31</p> <p>10:00am – 11:00am Senior Fitness Theresa</p> <p>5:00pm – 5:15pm Abs</p> <p>5:15-pm-6:00pm HIIT cardio-toning Becky</p> <p>6:40pm – 7:40pm Barre Sharon</p>	<p>NEW YEARS DAY</p> <p>Hours: 10:00am- 10:00pm BRING A FRIEND FREE</p>	