

# Perfect Workout Gym – Downstairs Aerobics Room

Monday – Thursday: 4:00am – 10:00pm  
Friday: 4:00am – 8:00pm

(828) 465-4055

<http://www.perfectworkout.net>

Saturday: 8:00am – 5:00pm  
Sunday: 1:00pm – 5:00pm

## March 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>February 28</b> 8:45am – 9:30am Cardio Total Body 10:00am – 11:00am Senior Fitness 12:15pm – 1:00pm Toning- Sharon 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky	<b>1</b> 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>2</b> 9:35am – 10:40am Dance Fit(must be 15) Sharon 10:50am – 11:55am Body Build Sharon
<b>4</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 7:00pm Extended Dance Fit(must be 15) Sharon	<b>5</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm 30min Butt Lift 30min ABS Sharon	<b>6</b> 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon	<b>7</b> 8:45am – 9:30am Cardio Total Body 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky	<b>8</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>9</b> 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon
<b>11</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit(must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	<b>12</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Body Build Sharon	<b>13</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional	<b>14</b> 8:45am – 9:30am Cardio Total Body 10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Spring Ready (arms,abs,glutes,legs) 5:00pm – 5:15pm-Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Barre-Sharon	<b>15</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>16</b> 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Toning/Body Build Mix Sharon
<b>18</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit(must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	<b>19</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Toning/Body Build Mix Sharon	<b>20</b> 10:30am – 11:30am 30min Butt Lift 30min ABS 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)	<b>21</b> 8:45am – 9:30am Cardio Total Body 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Pilates Sharon	<b>22</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>23</b> 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon
<b>25</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit(must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	<b>26</b> 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:40pm – 7:40pm Barre Sharon	<b>27</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Sandbag BootCamp Cardio Class/Sandbags) Sharon	<b>28</b> 8:45am – 9:30am Cardio Total Body 10:00am – 11:00am Senior Fitness 12:15pm – 1:00pm Toning- Sharon 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky	<b>29</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>30</b> 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon