

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

April 2019 Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 7:00pm Extended Dance Fit(must be 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 Build 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 | 8:45am – 9:30am Cardio /Toning Theresa 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky | 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa No Lunch Pilates 5:15pm – 6:00pm Zumba Gold Maria | NO CLASS DOWNSTAIRS YOGA UPSTAIRS |
| 8 | 9 | 10 | 11 | 12 | 13 |
| 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 | 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 30min Butt Lift 30min ABS Sharon | 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon | 8:45am – 9:30am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15-pm-6:00pm HIIT cardio-toning Becky 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT | 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 | 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon |
| 15 | 16 | 17 | 18 | 19 | 20 |
| 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 | 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 Build 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) | 8:45am – 9:30am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Spring Ready (arms,abs,glutes,legs) 5:00pm – 5:15pm-Abs 5:15-pm-6:00pm HIIT cardio-toning Becky | 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 | 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Toning/Body Build Mix Sharon |
| 22 | 23 | 24 | 25 | 26 | 27 |
| 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 | 12:15pm – 1:15pm Yoga Lunch Level 1 6:40pm – 7:40pm Toning/Body Build Mix Sharon | 10:30am – 11:30am 30min Butt Lift 30min ABS Sharon 6:00pm – 7:00pm Sandbag BootCamp (Cardio Class/Sandbags) Sharon | 8:45am – 9:30am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT | 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 | 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon |
| 29 | 30 | | | New Class: | |
| 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 | 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 | | | Totally Fit in Twenty 11th/25th 6:45pm Each workout will have 5 exercises. You will be doing 45 seconds of each exercise for 4 rounds | |