

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

May 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 30 2019 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	1 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Sharon	2 9:00am – 9:40am Cardio /Toning Theresa 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky	3 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa No Lunch Pilates	4 NO CLASS DOWNSTAIRS YOGA UPSTAIRS
6 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	7 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	8 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon	9 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT	10 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	11 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon
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	14 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	15 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)	16 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Spring Ready (arms,abs,glutes,legs) 5:00pm – 5:15pm-Abs 5:15pm-6:00pm HIIT cardio-toning Becky	17 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	18 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Toning/Body Build Mix Sharon
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	21 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	22 5:15pm – 6:00pm Zumba Gold Maria 6:00pm – 7:00pm Sandbag BootCamp (Cardio Class/Sandbags) Sharon	23 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:15pm Abs 5:15pm-6:00pm HIIT cardio-toning Becky 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT	24 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	25 NO CLASS DOWNSTAIRS YOGA UPSTAIRS
27 CLOSED MEMORIAL DAY 	28 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	29 10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:15pm Kitchen Sink A mixture of All Classes Sharon	30 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Toning Sharon 5:00pm – 5:15pm-Abs 5:15pm-6:00pm HIIT cardio-toning Becky	31 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	Friday May 31 st Relay for Life Dance Fit with Sharon 5:30pm before Opening Ceremonies Stage is in the middle of activities American Legion Fairgrounds