

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

June 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	May 31 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	1 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon
3 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	4 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:45pm HIIT 5:45pm-6:00pm ABS Becky 6:45pm – 7:40pm 30min Butt Lift 30min ABS Sharon	5 10:30am – 11:30am 30min Butt Lift 30min ABS Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional	6 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:45pm Toning 5:45pm-6:00pm ABS Becky 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT	7 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:10pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	8 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon
10 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	11 12:15pm – 1:15pm Yoga Lunch Level 1 Michelle 6:45pm – 7:40pm Body Build Sharon	12 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)	13 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 – 5:45pm Toning 5:45pm-6:00pm ABS	14 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon	15 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Toning/Body Build Mix Sharon
17 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 7:00pm Extended Dance Fit(must be 15) Sharon	18 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 6:45pm – 7:40pm Barre Sharon	19 10:30am – 11:30am Toning Sharon 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon	20 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 5:00pm – 5:45pm Toning 5:45pm-6:00pm ABS Becky 6:45pm-7:05pm Totally Fit in Twenty 20 min HIIT	21 No Bootcamp 10:00am – 11:00am Senior Cardio Dance Theresa 12:15pm – 1:10pm Pilates w/ Weights Sharon	22 No Classes Downstairs Yoga Upstairs
24 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	25 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:00pm – 5:45pm HIIT cardio-toning 5:45pm-6:00pm ABS Becky 6:45pm – 7:40pm Toning/Body Build Mix Sharon	26 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Sandbag BootCamp (Cardio Class/Sandbags) Sharon	27 9:00am – 9:40am Cardio /Toning 10:00am – 11:00am Senior Fitness Theresa 12:15pm – 1:00pm Toning Sharon 5:00pm – 5:45pm Toning 5:45pm-6:00pm ABS Becky	28 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	29 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:50am – 11:55am Body Build Sharon