

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 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 12:15pm – 1:05pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michellep	3 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Spring Ready (arms,abs,glutes,legs) Sharon	4 10:40am- 11:35am Toning 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	5 10:00am –10:45pm Senior Fitness Wanda 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	6 No Bootcamp 12:15pm – 1:05pm Pilates w/ Weights Sharon No Zumba Gold	7 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
9 12:15pm – 1:05pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	10 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Toning/Body Build Mix Sharon	11 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon	12 10:00am –10:45pm Senior Fitness Wanda 12:15pm – 1:00pm Spring Ready! (arms,abs,glutes,legs) Sharon 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	13 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	14 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
16 12:15pm – 1:05pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	17 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm 30min Butt Lift 30min ABS- Sharon	18 10:40am- 11:35am Spring Ready! (arms,abs,glutes,legs) Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box Kick and Burn (Cardio Boxing Class) Light weights or gloves are optional	19 10:00am –10:45pm Senior Fitness Wanda 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	20 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon No Zumba Gold	21 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Toning/Body Build Mix Sharon
23 12:15pm – 1:05pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	24 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Body Build Sharon	25 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata High Intensity Intervals Sharon	26 10:00am –10:45pm Senior Fitness Wanda 12:15pm – 1:00pm Toning Sharon 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	27 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	28 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
30 12:15pm – 1:05pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 7:00pm Extended Dance Fit (must be 15) Sharon	31 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Barre Sharon				