

# 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

## October 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>September 30</b> 10:40am- 11:35am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata High Intensity Intervals Sharon	<b>1</b> 10:00am –10:45pm Senior Fitness Wanda 5:15pm – 6:00pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	<b>2</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>3</b> 9:40am – 10:45am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
<b>5</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>6</b> 5:15pm – 6:00pm HIIT Becky 6:45pm – 7:40pm Fall Ready (arms,abs,glutes,legs) Sharon	<b>7</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box Kick and Burn (Cardio Boxing Class) Light weights or gloves are optional Sharon	<b>8</b> 10:00am –10:45pm Senior Fitness Wanda 12:15pm – 1:00pm Toning Sharon 5:15pm – 6:00pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	<b>9</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>10</b> 9:40am – 10:45am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
<b>12</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon	<b>13</b> 5:15pm – 6:00pm HIIT Becky 6:45pm – 7:40pm 30min Butt Lift 30min ABS- Sharon	<b>14</b> 10:40am- 11:35am Fall Ready (arms,abs,glutes,legs) Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon	<b>15</b> 10:00am –10:45pm Senior Fitness Wanda 5:15pm – 6:00pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	<b>16</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon No Zumba	<b>17</b> 9:40am – 10:45am Dance Fit (must be 15) Sharon 10:55am – 11:55am Toning/Body Build Mix Sharon
<b>19</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>20</b> 5:15pm – 6:00pm HIIT Becky 6:45pm – 7:40pm Body Build Sharon	<b>21</b> 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>22</b> 10:00am –10:45pm Senior Fitness Wanda 12:15pm – 1:00pm 20min Butt Lift 20min ABS Sharon 5:15pm – 6:00pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	<b>23</b> 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>24</b> 9:40am – 10:45am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
<b>26</b> 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit (must be 15) Sharon	<b>27</b> 5:15pm – 6:00pm HIIT Becky 6:45pm – 7:40pm Toning Sharon	<b>28</b> 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:15pm Kitchen Sink A mixture of All Classes taught by Sharon	<b>29</b> 10:00am –10:45pm Senior Fitness Wanda 5:15pm – 6:00pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	<b>30</b> No Boot Camp 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	<b>31</b> 9:40am – 10:45am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon