

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

September 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31st August 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	1 6:45pm – 7:40pm Toning/Body Build Mix Sharon	2 10:40am- 11:35am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata High Intensity Intervals Sharon	3 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	4 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	5 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
7 12:15pm – 1:10pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (must be 15) Sharon	8 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Fall Ready (arms,abs,glutes,legs) Sharon	9 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Box Kick and Burn (Cardio Boxing Class) Light weights or gloves are optional	10 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	11 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	12 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Toning/Body Build Mix Sharon
14 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	15 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm 30min Butt Lift 30min ABS- Sharon	16 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	17 10:00am –10:45pm Senior Fitness Wanda 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	18 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	19 No Class
21 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	22 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Body Build Sharon	23 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	24 10:00am –10:45pm Senior Fitness Wanda 12:15pm – 1:00pm 20min Butt Lift 20min ABS- Sharon Sharon 5:30pm – 6:20pm Toning-Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	25 5:00AM-6:00AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:05pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	26 9:35am – 10:40am Dance Fit (must be 15) Sharon 10:55am – 11:55am Body Build Sharon
28 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	29 5:30pm – 6:20pm HIIT Becky 6:45pm – 7:40pm Toning Sharon	30 5:00pm – 5:45pm Zumba Gold 6:00pm – 7:15pm Kitchen Sink A mixture of All Classes taught by Sharon			