

Perfect Workout Gym – DOWNSTAIR 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 2024 Class Schedule

May 2024 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 30	1	2	3	4
	No 4:30pm Toning 6:45pm -7:40pm Drums Class Fun Cardio Class Sharon	6:00pm – 7:00pm Shred It! Cardio/Strength/Abs Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn No 4:30pm Toning 6:45pm-7:45pm X-Hip Hop Step Micheal	11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
6	7	8	9	10	11
12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step/Interval Mix Michelle	4:30pm – 5:15pm Toning/Abs Becky 6:45pm -7:45pm Barre Burn (Bands,Weights) Sharon	6:00pm – 7:00pm Box And Burn Kickboxing Class Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
13	14	15	16	17	18
12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step/Interval Mix Michelle	4:30pm – 5:15pm Toning/Abs Becky 6:45pm – 7:40pm Toning (Bands,Bars,Weights) Sharon	6:00pm– 7:00pm Tabata HIIT (Step,Weights,Body) Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix Sharon
20	21	22	23	24	25
12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step/Interval Mix Michelle	4:30pm – 5:15pm Toning/Abs Becky No 6:45pm class Hot Yoga Upstairs	6:00pm – 7:00pm Cardio Step and Weights Cardio on the Step and Weight Intervals Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon No 4:30pm Toning 6:45pm-7:45pm X-Hip Hop Step Micheal	11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
27	28	29	30	31	
CLOSED MEMORIAL 	4:30pm – 5:15pm Toning/Abs Becky 6:45pm – 7:40pm Summer Ready! (abs,arms,glutes,thighs) Sharon	5:45pm – 7:00pm Kitchen Sink A mix of many classes Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	