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

Monday Tuesday Wednesday Thursday Fidday Saturday Sa			May 2025 Class	Schedule		
April 30	Monday				Friday	Saturday
Sharon S			i i i i i i i i i i i i i i i i i i i	_	2 11:45am – 12:10pm	3
11:10am -12:15pm			Shred It!	Senior Fitness		Dance Fit (must be 15)
T-15pm-8-00pm			Training & Abs)	5:45pm-6:30pm Zumba	Pilates w/ Weights	11:10am – 12:15pm
S			Zumba		Zumba	(Weight Training)
12-15pm - 1:00pm	5	6		0	0	10
Pilates Summer Ready (Strength Class Targeting Mass, Glutes, Arms) Sharon	12:15pm – 1:00pm Pilates	· ·	-	9:45am -10:30am Senior Fitness	11:45am – 12:10pm	10
Sharon Sharon Sharon 2.45pm - 7:40pm Step/Interval Mix Michelle	Pilates 5:35pm- 6:35pm	Summer Ready!	Box & Burn (Cardio Kickboxing)	12:15pm – 1:00pm Toning	Pilates w/ Weights	No Classes
12 12:15pm - 1:00pm Pilates 4:40pm - 5:25pm DANCE FIT (must be 15) Sharon 6:45pm - 7:40pm Step/Interval Mix Michelle 20 21 22 23 24 24:15pm - 1:00pm Sharon Cs.45pm - 7:40pm Pilates Sispm - Sispm Dance Fit Sharon Cs.45pm - 7:40pm Step/Interval Mix Michelle 20 21 29:45am - 10:30am Dance Fit Sharon Cs.45pm - 7:40pm Sispm - Sispm - Sispm Dance Fit Sharon Cs.45pm - 1:00pm Dance Fit Sharon Cs.45pm - 1:00pm Dance Fit	Sharon 6:40pm – 7:40pm Step/Interval Mix		Zumba	X-Hip Hop Step	Zumba	
12:15pm - 1:00pm						
3-40pm - 5:25pm Body Build/Toning Mix Sharon Step, Weights Sharon	12:15pm – 1:00pm Pilates	13		9:45am -10:30am	11:45am - 12:10pm	17
Sharon 6:40pm - 7:40pm Step/Interval Mix Michelle 20 21 22 23 24 21:15pm - 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 27 28 29:45am - 10:30am Sharon	Pilates 5:35pm- 6:35pm DANCE FIT	Body Build/Toning Mix	Step & Pump (Step, Weights)	5:45pm-6:30pm Zumba	Pilates w/ Weights	No Classes
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12:15pm - 1:00pm	Michelle		- Juli	Micheal		
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7:15pm-8:00pm Zumba 6:00pm-7:00pm Sharon Zumba Dawn Zumba Dawn 6:45pm-7:45pm Dawn	Memorial	Barre Burn	(Cardio Bursts, Strength Training & Abs)	12:15pm – 1:00pm Toning Sharon	Pilates w/ Weights	11:10am – 12:15pm Body Build
Micheal	Total Indicators		Zumba	Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step	Zumba	, ,