

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

August 2022 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:40pm Extended Dance Fit (must be 15) Sharon</p> <p style="text-align: center;">No Step</p>	<p style="text-align: center;">2</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm – 7:40pm Glute Lift Sharon</p>	<p style="text-align: center;">3</p> <p>6:00pm – 7:00pm Tabata High Intensity Intervals Body Weight/Cardio on Step/Free Weights Sharon</p> <p>7:15pm-8:00pm Zumba Dawn</p>	<p style="text-align: center;">4</p> <p>9:45am –10:30am Senior Fitness Jenn</p> <p>12:15pm – 1:00pm Barre Sharon</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm-7:45pm X-Hip Hop Step Maria Phillips</p>	<p style="text-align: center;">5</p> <p>5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR</p> <p>11:30am – 12:10pm Beginning Dance fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>6:15pm-7:00pm Zumba Dawn</p>	<p style="text-align: center;">6</p> <p>9:50am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:00am – 12:05am Body Build Sharon</p>
<p style="text-align: center;">8</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:35pm Dance Fit (must be 15) Sharon</p> <p>6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="text-align: center;">9</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm – 7:40pm Body Build/Toning Mix Sharon</p>	<p style="text-align: center;">10</p> <p>6:00pm – 7:00pm Shred It! (Cardio Class) Sharon (4-5min Cardio/4-5min Stength/ 4 -5min Abs</p> <p>7:15pm-8:00pm Zumba Dawn</p>	<p style="text-align: center;">11</p> <p>9:45am –10:30am Senior Fitness Jenn</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p style="text-align: center;">No Hip Hop Step</p>	<p style="text-align: center;">12</p> <p>5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR</p> <p>11:30am – 12:10pm Beginning Dance fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>6:15pm-7:00pm Zumba Dawn</p>	<p style="text-align: center;">13</p> <p>9:50am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:00am – 12:05am Body Build Sharon</p>
<p style="text-align: center;">15</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:35pm Dance Fit (must be 15) Sharon</p> <p>6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="text-align: center;">16</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm – 7:40pm Body Build Sharon</p>	<p style="text-align: center;">17</p> <p>6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional</p> <p>7:15pm-8:00pm Zumba Dawn</p>	<p style="text-align: center;">18</p> <p>9:45am –10:30am Senior Fitness Jenn</p> <p>12:15pm – 1:00pm Toning Sharon</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm-7:45pm X-Hip Hop Step Maria Phillips</p>	<p style="text-align: center;">19</p> <p>5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR</p> <p>11:30am – 12:10pm Beginning Dance fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>6:15pm-7:00pm Zumba Dawn</p>	<p style="text-align: center;">20</p> <p>9:50am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:00am – 12:05am Body Build/Toning Sharon</p>
<p style="text-align: center;">22</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:35pm Dance Fit (must be 15) Sharon</p> <p>6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="text-align: center;">23</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p>6:45pm -7:45pm Beat It Out! Cardio Drumming Class to fun Music Sharon</p>	<p style="text-align: center;">24</p> <p>6:00pm – 7:00pm CardioBuild (Cardio Class on Step/Weights) Sharon</p> <p>7:15pm-8:00pm Zumba Dawn</p>	<p style="text-align: center;">25</p> <p>9:45am –10:30am Senior Fitness Jenn</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p style="text-align: center;">No Hip Hop Step</p>	<p style="text-align: center;">26</p> <p>5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR</p> <p>11:30am – 12:10pm Beginning Dance fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>6:15pm-7:00pm Zumba Dawn</p>	<p style="text-align: center;">27</p> <p>9:50am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:00am – 12:05am Body Build Sharon</p>
<p style="text-align: center;">29</p> <p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:35pm Dance Fit (must be 15) Sharon</p> <p>6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="text-align: center;">30</p> <p>4:30pm – 5:30pm Toning/Abs Becky</p> <p style="text-align: center;">No 6:45pm Class</p>	<p style="text-align: center;">31</p> <p>6:00pm – 7:10pm Kitchen Sink A mixture of All Classes taught by Sharon</p> <p>7:15pm-8:00pm Zumba Dawn</p>			