

# 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

## February 2023 Class Schedule

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|--|--|
|   |   | <b>1</b>  | <b>2</b>  | <b>3</b>   | <b>4</b>   |
|   |   | No 6:00pm Class   | 9:45am – 10:30am<br>Senior Fitness<br>Jenn        | 5:00AM-5:45AM<br>MAXFIT BOOTCAMP<br>LAMAR        | 9:50am – 10:50am<br>Dance Fit (must be 15)<br>Sharon |
|   |   | 7:15pm-8:00pm<br>Zumba<br>Dawn  | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky            | 11:30am – 12:10pm<br>Beginning Dance fit         | 11:00am – 12:05am<br>Body Build<br>Sharon            |
|   |   |   | 6:45pm-7:45pm<br>X-Hip Hop Step<br>Maria Phillips | 12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon |  |
|   |   |   |   | 6:15pm-7:00pm<br>Zumba<br>Dawn                   |  |
| <b>6</b>  | <b>7</b>  | <b>8</b>  | <b>9</b>  | <b>10</b>  | <b>11</b>  |
| 12:15pm – 1:00pm<br>Pilates                                   | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky  | 6:00pm – 7:00pm<br>Box and Burn<br>(Cardio Boxing Class)<br>Light weights or gloves are<br>optional | 9:45am – 10:30am<br>Senior Fitness<br>Jenn        | 5:00AM-5:45AM<br>MAXFIT BOOTCAMP<br>LAMAR        | 9:50am – 10:50am<br>Dance Fit (must be 15)<br>Sharon |
| 4:40pm – 5:25pm<br>Pilates                                    | 6:45pm -7:40pm<br>Pilates<br>Sharon   | 7:15pm-8:00pm<br>Zumba<br>Dawn  | 12:15pm – 1:00pm<br>Toning<br>Sharon              | 11:30am – 12:10pm<br>Beginning Dance fit         | 11:00am – 12:05am<br>Body Build<br>Sharon            |
| 5:35pm- 6:35pm<br>DANCE FIT<br>(must be 15)<br>Sharon         |   |   | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky            | 12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon |  |
| 6:40pm – 7:40pm<br>Step/Interval Mix<br>Michelle              |   |   | 6:45pm-7:45pm<br>X-Hip Hop Step<br>Maria Phillips | 6:15pm-7:00pm<br>Zumba<br>Dawn                   |  |
| <b>13</b>   | <b>14</b>   | <b>15</b>   | <b>16</b>   | <b>17</b>  | <b>18</b>  |
| 12:15pm – 1:00pm<br>Pilates                                   | 12:15pm – 1:15pm<br>Yoga Lunch<br>Sharon  | 6:00pm – 7:00pm<br>Tabata<br>High Intensity Intervals<br>Cardio/Step/Weights<br>Sharon              | 9:45am – 10:30am<br>Senior Fitness<br>Jenn        | 5:00AM-5:45AM<br>MAXFIT BOOTCAMP<br>LAMAR        | 9:50am – 10:50am<br>Dance Fit (must be 15)<br>Sharon |
| 4:40pm – 5:25pm<br>Pilates                                    | *aerobics room  | 7:15pm-8:00pm<br>Zumba<br>Dawn  | 12:15pm – 1:00pm<br>Toning<br>Sharon              | 11:30am – 12:10pm<br>Beginning Dance fit         | 11:00am – 12:05am<br>Body Build/Toning Mix<br>Sharon |
| 5:35pm- 6:35pm<br>DANCE FIT<br>(must be 15)<br>Sharon Pilates |   |   | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky            | 12:15pm – 1:00pm<br>Pilates w/ Weights<br>Sharon |  |
| 6:40pm – 7:40pm<br>Step/Interval Mix<br>Michelle              |   |   | 6:45pm-7:45pm<br>X-Hip Hop Step<br>Micheal        | 6:15pm-7:00pm<br>Zumba<br>Dawn                   |  |
| <b>20</b>   | <b>21</b>   | <b>22</b>   | <b>23</b>   | <b>24</b>  | <b>25</b>  |
| 12:15pm – 1:00pm<br>Pilates                                   | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky  | No 6:00pm Class   | No Senior Fitness                                 | 5:00AM-5:45AM<br>MAXFIT BOOTCAMP<br>LAMAR        | 9:50am – 10:50am<br>Dance Fit (must be 15)<br>Sharon |
| 4:40pm – 5:25pm<br>Pilates                                    | 6:45pm – 7:40pm<br>Toning<br>Sharon   | 7:15pm-8:00pm<br>Zumba<br>Dawn  | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky            | 6:15pm-7:00pm<br>Zumba<br>Dawn                   | 11:00am – 12:05am<br>Body Build<br>Sharon            |
| 5:35pm- 6:35pm<br>DANCE FIT<br>(must be 15)<br>Sharon         |   |   | 6:45pm-7:45pm<br>X-Hip Hop Step<br>Micheal        |  |  |
| 6:40pm – 7:40pm<br>Step/Interval Mix<br>Michelle              |   |   |   |  |  |
| <b>27</b>   | <b>28</b>   | <b>29</b>   |   |  |  |
| 12:15pm – 1:00pm<br>Pilates                                   | 4:30pm – 5:30pm<br>Toning/Abs<br>Becky  | 6:00pm – 7:00pm<br>Shred It!<br>(Cardio Class)<br>Sharon  |   |  |  |
| 4:40pm – 5:25pm<br>Pilates                                    | 6:45pm -7:45pm<br>Beat It Out!<br>Cardio Drumming Class to fun<br>Music<br>Sharon | (4-5min Cardio/4-5min<br>Strength/4 -5min Abs   |   |  |  |
| 5:35pm- 6:35pm<br>DANCE FIT<br>(must be 15)<br>Sharon         |   | 7:15pm-8:00pm<br>Zumba<br>Dawn  |   |  |  |
| 6:40pm – 7:40pm<br>Step/Interval Mix<br>Michelle              |   |   |   |  |  |