

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

July 2022 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			June 30 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	1 No Classes Down Yoga Upstairs	2
4 CLOSED 	5 4:30pm – 5:30pm Toning/Abs Becky 6:45pm – 7:40pm Glute Lift Sharon	6 6:00pm – 7:00pm Tabata High Intensity Intervals Sharon No Zumba	7 9:45am – 10:30am Senior Fitness Jenn 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	8 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 11:30am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	9 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon
11 12:15pm – 1:00pm Pilates 4:40pm – 5:20pm Pilates 5:35pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	12 No Toning 6:45pm – 7:40pm Body Build Sharon	13 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional 7:15pm-8:00pm Zumba Dawn	14 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:00pm Glute Lift Sharon 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	15 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 11:30am – 12:10pm Beginning Dance fit 12:15pm – 1:0pm Pilates w/ Weights Sharon 6:15pm-7:00pm Zumba Dawn	16 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build/Toning Sharon
18 12:15pm – 1:00pm Pilates 4:40pm – 5:20pm Pilates 5:35pm- 6:45pm Extended Dance Fit (must be 15) Sharon No Step	19 No Toning 6:45pm – 7:40pm Toning Sharon	20 6:00pm – 7:00pm Shred It! (Cardio Class) Sharon (4-5min Cardio/4-5min Stength/ 4 -5min Abs 7:15pm-8:00pm Zumba Dawn	21 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:00pm Barre Sharon No Toning 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	22 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 11:30am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:15pm-7:00pm Zumba Dawn	23 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon
25 12:15pm – 1:00pm Pilates 4:40pm – 5:20pm Pilates 5:35pm- 6:30pm Dance Fit (must be 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	26 4:30pm – 5:30pm Toning/Abs Becky 6:45pm -7:30pm Beat It Out! Cardio Drumming Class to fun Music Sharon	27 6:00pm – 7:00pm CardioBuild (Cardio Class/Weights) Sharon 7:15pm-8:00pm Zumba Dawn	28 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:00pm Vacation Ready Abs,Arms,Legs Sharon 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	29 5:00AM-5:45AM MAXFIT BOOTCAMP LAMAR 11:30am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:15pm-7:00pm Zumba Dawn	30 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon