

# 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

## July 2024 Class Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
<p>No Pilates</p> <p>No Dance Fit</p> <p>6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p>6:45pm – 7:40pm Summer Ready! (abs,arms,glutes,thighs) Sharon</p>	<p>6:00pm – 7:00pm Box And Burn Kickboxing Class Sharon</p> <p>No Zumba</p>	<p>CLOSED</p> <p>Happy July 4th!</p> 	<p>No Classes</p>	<p>No Classes</p>
8	9	10	11	12	13
<p>12:15pm – 1:00pm Pilates</p> <p>4:40pm – 5:25pm Pilates</p> <p>5:35pm- 6:45pm EXTENDED DANCE FIT (must be 15) Sharon</p> <p>No Step</p>	<p>6:45pm – 7:40pm Barre Burn Weights/Bands/Balls Sharon</p>	<p>6:00pm – 7:00pm Shred It! Cardio/Strength/Abs Sharon</p> <p>No Zumba</p>	<p>9:45am –10:30am Senior Fitness Jenn</p> <p>6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p>No Classes</p>	<p>No Classes</p>
15	16	17	18	19	20
<p>No Lunch Pilates No 4:40pm 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>No 6:45pm class</p> <p>Hot Yoga Upstairs</p>	<p>6:00pm– 7:00pm Tabata HIIT (Step,Weights,Body) Sharon</p> <p>No Zumba</p>	<p>9:45am –10:30am Senior Fitness Jenn</p> <p>6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p>11:45am – 12:10pm Dance Fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>No Zumba</p>	<p>9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:10am – 12:15pm Body Build/Toning Mix Sharon</p>
22	23	24	25	26	27
<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>6:45pm – 7:40pm Toning (Bands,Bars,Weights) Sharon</p>	<p>6:00pm – 7:00pm Cardio Step and Weights (Cardio on the Step and Weight Intervals) Sharon</p> <p>7:15pm-8:00pm Zumba Dawn</p>	<p>9:45am –10:30am Senior Fitness Jenn</p> <p>6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p>11:45am – 12:10pm Dance Fit</p> <p>12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p>6:00pm-7:00pm Zumba Dawn</p>	<p>9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p>11:10am – 12:15pm Body Build (Weight Training) Sharon</p>
29	30	31			
<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>6:45pm – 7:40pm Body Build/Toning Mix Sharon</p>	<p>5:45pm – 7:00pm Kitchen Sink A mixture of all classes</p> <p>7:15pm-8:00pm Zumba Dawn</p>			