

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

March 2024 Class Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 29th 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	1 11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	2 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build Sharon
4 12:15pm – 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	5 No Toning/Abs 6:45pm -7:45pm Pilates (Bands,Bars,Weights) Sharon	6 6:00pm – 7:00pm Shred It! Cardio/Strength/Abs Sharon 7:15pm-8:00pm Zumba Dawn	7 9:45am – 10:30am Senior Fitness Jenn 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	8 11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build Sharon
11 12:15pm – 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	12 4:30pm – 5:15pm Toning/Abs Becky 6:45pm – 7:40pm Toning (Bands,Bars,Weights) Sharon	13 6:00pm – 7:00pm Box And Burn Kickboxing Class Sharon 7:15pm-8:00pm Zumba Dawn	14 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	15 11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	16 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix Sharon
18 12:15pm – 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	19 4:30pm – 5:15pm Toning/Abs Becky 6:45pm – 7:40pm Butts & Gutts (Bands,Weights) Sharon	20 6:00pm – 7:00pm Cardio Build Cardio on the Step and Weight Intervals Sharon 7:15pm-8:00pm Zumba Dawn	21 9:45am – 10:30am Senior Fitness Jenn 4:30pm – 5:15pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Micheal	22 11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	23 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build Sharon
25 12:15pm – 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	26 4:30pm – 5:15pm Toning/Abs Becky 6:45pm – 7:40pm Barre Burn Glutes,Upper Body Sharon	27 6:00pm– 7:00pm Tabata HIIT (Step,Weights,Body) Sharon 7:15pm-8:00pm Zumba Dawn	28 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:10pm Toning Sharon No Toning 6:45pm-7:45pm X-Hip Hop Step Micheal	29 11:40am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	30 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build Sharon