

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

May 2024 Class Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 30	1	2	3	4
	<p style="color: green;">No 4:30pm Toning</p> <p style="color: red;">6:45pm -7:40pm Drums Class Fun Cardio Class Sharon</p>	<p style="color: red;">6:00pm – 7:00pm Shred It! Cardio/Strength/Abs Sharon</p> <p style="color: blue;">7:15pm-8:00pm Zumba Dawn</p>	<p style="color: red;">9:45am –10:30am Senior Fitness Jenn</p> <p style="color: green;">No 4:30pm Toning</p> <p style="color: blue;">6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p style="color: red;">11:40am – 12:10pm Beginning Dance fit</p> <p style="color: red;">12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p style="color: blue;">6:00pm-7:00pm Zumba Dawn</p>	<p style="color: red;">9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p style="color: red;">11:10am – 12:15pm Body Build (Weight Training) Sharon</p>
6	7	8	9	10	11
<p style="color: red;">12:15pm – 1:00pm Pilates</p> <p style="color: blue;">6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p>	<p style="color: blue;">7:15pm-8:00pm Zumba Dawn</p>	<p style="color: red;">9:45am –10:30am Senior Fitness Jenn</p> <p style="color: red;">12:15pm – 1:10pm Toning Sharon</p> <p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: blue;">6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p style="color: red;">11:40am – 12:10pm Beginning Dance fit</p> <p style="color: red;">12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p style="color: blue;">No Zumba</p>	<p style="color: red;">9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p style="color: red;">11:10am – 12:15pm Body Build (Weight Training) Sharon</p>
13	14	15	16	17	18
<p style="color: red;">12:15pm – 1:00pm Pilates</p> <p style="color: red;">4:40pm – 5:25pm Pilates</p> <p style="color: red;">5:35pm- 6:35pm DANCE FIT (must be 15) Sharon</p> <p style="color: blue;">6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: red;">6:45pm – 7:40pm Toning (Bands, Bars, Weights) Sharon</p>	<p style="color: red;">6:00pm– 7:00pm Tabata HIIT (Step, Weights, Body) Sharon</p> <p style="color: blue;">7:15pm-8:00pm Zumba Dawn</p>	<p style="color: red;">9:45am –10:30am Senior Fitness Jenn</p> <p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: blue;">6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p style="color: red;">11:40am – 12:10pm Beginning Dance fit</p> <p style="color: red;">12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p style="color: blue;">6:00pm-7:00pm Zumba Dawn</p>	<p style="color: red;">9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p style="color: red;">11:10am – 12:15pm Body Build/Toning Mix Sharon</p>
20	21	22	23	24	25
<p style="color: red;">12:15pm – 1:00pm Pilates</p> <p style="color: red;">4:40pm – 5:25pm Pilates</p> <p style="color: red;">5:35pm- 6:35pm DANCE FIT (must be 15) Sharon</p> <p style="color: blue;">6:40pm – 7:40pm Step/Interval Mix Michelle</p>	<p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: red;">No 6:45pm class Hot Yoga Upstairs</p>	<p style="color: red;">6:00pm – 7:00pm Cardio Step and Weights Cardio on the Step and Weight Intervals Sharon</p> <p style="color: blue;">7:15pm-8:00pm Zumba Dawn</p>	<p style="color: red;">9:45am –10:30am Senior Fitness Jenn</p> <p style="color: red;">12:15pm – 1:10pm Toning Sharon</p> <p style="color: green;">No 4:30pm Toning</p> <p style="color: blue;">6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p style="color: red;">11:40am – 12:10pm Beginning Dance fit</p> <p style="color: red;">12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p style="color: blue;">6:00pm-7:00pm Zumba Dawn</p>	<p style="color: red;">9:55am – 10:50am Dance Fit (must be 15) Sharon</p> <p style="color: red;">11:10am – 12:15pm Body Build (Weight Training) Sharon</p>
27	28	29	30	31	
<p>CLOSED MEMORIAL</p> 	<p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: red;">6:45pm – 7:40pm Summer Ready! (abs, arms, glutes, thighs) Sharon</p>	<p style="color: red;">5:45pm – 7:00pm Kitchen Sink A mix of many classes Sharon</p> <p style="color: blue;">7:15pm-8:00pm Zumba Dawn</p>	<p style="color: red;">9:45am –10:30am Senior Fitness Jenn</p> <p style="color: red;">12:15pm – 1:10pm Toning Sharon</p> <p style="color: green;">4:30pm – 5:15pm Toning/Abs Becky</p> <p style="color: blue;">6:45pm-7:45pm X-Hip Hop Step Micheal</p>	<p style="color: red;">11:40am – 12:10pm Beginning Dance fit</p> <p style="color: red;">12:15pm – 1:00pm Pilates w/ Weights Sharon</p> <p style="color: blue;">6:00pm-7:00pm Zumba Dawn</p>	