

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

October 2022 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				September 30 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	1 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon
3 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	4 4:30pm – 5:30pm Toning/Abs Becky 6:45pm – 7:40pm Body Build/Toning Mix Sharon	5 6:00pm – 7:00pm Box and Burn (Cardio Boxing Class) Light weights or gloves are optional 7:15pm-8:00pm Zumba Dawn	6 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 4:30pm – 5:30pm Toning/Abs Becky NO Hip Hop Step	7 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 Raven	8 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon
10 12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:45pm Extended DANCE FIT (must be 15) Sharon No Step	11 4:30pm – 5:30pm Toning/Abs Becky 6:45pm – 7:40pm Body Build Sharon	12 6:00pm – 7:00pm Shred It! (Cardio Class) Sharon (4-5min Cardio/4-5min Stength/ 4-5min Abs 7:15pm-8:00pm Zumba Raven	13 9:45am –10:30am Senior Fitness Jenn 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	14 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 Raven	15 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build/Toning Sharon
17 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	18 4:30pm – 5:30pm Toning/Abs Becky 6:45pm – 7:40pm Barre Sharon	19 6:00pm – 7:00pm Tabata High Intensity Intervals Cardio/Step/Weights Sharon 7:15pm-8:00pm Zumba Raven	20 No Senior Fitness 12:15pm – 1:00pm Toning Sharon 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	21 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 Raven	22 No Classes
October 24th/31st 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	October 25 4:30pm – 5:30pm Toning/Abs Becky 6:45pm -7:45pm Beat It Out! Cardio Drumming Class to fun Music Sharon	26 6:00pm – 7:00pm CardioBuild (Cardio Class on Step/Weights) Sharon 7:15pm-8:00pm Zumba Dawn	27 9:45am –10:30am Senior Fitness Jenn 4:30pm – 5:30pm Toning/Abs Becky 6:45pm-7:45pm X-Hip Hop Step Maria Phillips	28 No Bootcamp 11:30am – 12:10pm Beginning Dance fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:15pm-7:00pm Zumba Dawn	29 9:50am – 10:50am Dance Fit (must be 15) Sharon 11:00am – 12:05am Body Build Sharon