

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

September 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED 	2 No classes	3 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class Sharon 7:15pm-8:00pm Zumba Dawn	4 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	5 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	6 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
8 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 Michelle	9 6:45pm – 7:40pm Toning/Body Build Mix Sharon	10 6:00pm– 7:00pm Sandbag Tabata HIIT (Step, Sandbag, and your own Body Weight) Sharon 7:15pm-8:00pm Zumba Dawn	11 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	12 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	13 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
15 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 Michelle	16 6:45pm – 7:40pm Fall Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	17 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	18 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	19 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	20 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
22 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 Michelle	23 No classes downstairs Hot Yoga Upstairs	24 6:00pm– 7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	25 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn No X-Hip Hop Step	26 No Dance Fit No Pilates 6:00pm-7:00pm Zumba Dawn	27 No Classes
29 12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:45pm Extended DANCE FIT (must be 15) Sharon No Step	30 6:45pm – 7:40pm Barre Burn Sharon				