

Perfect Workout Gym – DOWNSTAIRS AEROBICS ROOM

Monday – Thursday: 3:30am – 11:30pm
Friday: 3:30am – 10:00pm

(828)465-4055
<http://www.perfectworkout.net>

Saturday: 7:00am – 8:00pm
Sunday: 8:00am – 5:00pm

September 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31st 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Toning Sharon	6:00pm–7:00pm Box and Burn (Cardio Class) Sharon 7:15pm-8:00pm Zumba Dawn	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	11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
7  CLOSED	5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	6:00pm– 7:00pm Sandbag Tabata (HIIT using the Step/Sandbag/Body Weight) Sharon 7:15pm-8:00pm Zumba Dawn	9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	11:10am – 12:15pm Body Build (Weight Training) Sharon 1:00pm-3:00pm Zumba Fundraiser Suicide Awareness
14 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Baddie Body (Low Impact Cardio Glutes, Abs, Arms) Sharon	6:00pm–7:00pm Step and Pump (Cardio on the Step/Weights) Sharon 7:15pm-8:00pm Zumba Dawn	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	11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
21 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	5:30pm-6:15pm Zumba Dawn Hot Yoga Upstairs	6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	No Senior Fitness 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
28 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Barre Burn Weights/Gliders/Bands Sharon	6:00pm–7:00pm Kitchen Sink A Mix of Many Classes Sharon 7:15pm-8:00pm Zumba Dawn			