

# 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

## May 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April 30</b>	<b>1</b>	<b>2</b>	<b>3</b>
		6:00pm– 7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon	9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn  No Step	11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>5</b> 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	<b>6</b>  6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	<b>7</b>  6:00pm– 7:00pm Box & Burn (Cardio Kickboxing) Sharon  7:15pm-8:00pm Zumba Dawn	<b>8</b> 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>9</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>10</b>  No Classes
<b>12</b> 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	<b>13</b>  6:45pm – 7:40pm Body Build/Toning Mix Sharon	<b>14</b>  6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon  7:15pm-8:00pm Zumba Dawn	<b>15</b> 9:45am –10:30am Senior Fitness Jenn  5:45pm-6:30pm Zumba Dawn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>16</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>17</b>  No Classes
<b>19</b> 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	<b>20</b>  No 6:45pm class  Hot Yoga Upstairs	<b>21</b>  6:00pm– 7:00pm Sandbag Tabata HIIT (Step, Sandbag, and your own Body Weight) Sharon  7:15pm-8:00pm Zumba Dawn	<b>22</b> 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>23</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>24</b>  9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>26</b> MEMORIALDAY CLOSED 	<b>27</b>  6:45pm – 7:40pm Barre Burn Sharon	<b>28</b>  6:00pm– 7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon  7:15pm-8:00pm Zumba Dawn	<b>29</b> 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	<b>30</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>31</b>  9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon