

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

October 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		September 30 5:45pm–7:00pm Kitchen Sink A Mix of Many Classes Sharon 7:15pm-8:00pm Zumba Dawn	1 No Senior Fitness 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	2 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	3 No Classes
5 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	6 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	7 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class Sharon 7:15pm-8:00pm Zumba Dawn	8 9:45am –10:30am Senior Fitness Jenn No Zumba 6:45pm-7:45pm X-Hip Hop Step Micheal	9 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	10 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
12 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	13 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:45pm Sculptilates 30 minutes Body Build / 30 minutes Pilates Sharon	14 No 6:00 class 7:15pm-8:00pm Zumba Dawn	15 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	16 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	17 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
19 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	20 5:30pm-6:15pm Zumba Dawn Hot Yoga Upstairs Sharon	21 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	22 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	23 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	24 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
26 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	27 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Barre Burn Weights/Gliders/Bands Sharon	28 6:00pm–7:00pm Step and Pump (Cardio on the Step/Weights) Sharon 7:15pm-8:00pm Zumba Dawn	29 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	30 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	31 No Classes