

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

July 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	June 30 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Barre Burn Sharon	1 6:00pm–7:00pm Box and Burn (Cardio Kickboxing) Sharon 7:15pm-8:00pm Zumba Dawn	2 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	3 No Classes	4 CLOSED 
6 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm – 7:45pm Step Michelle	7 No Zumba 6:45pm – 7:40pm Summer Ready Glutes, Abs, Arms Sharon	8 6:00pm–7:15pm Kitchen Sink A Mixture of Classes Sharon No Zumba	9 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	10 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	11 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
13 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm – 7:45pm Step Michelle	14 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Pilates- Standing & Mat Sharon	15 6:00pm– 7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight Sharon 7:15pm-8:00pm Zumba Dawn	16 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	17 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	18 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
20 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm – 7:45pm Step Michelle	21 5:30pm-6:15pm Zumba Dawn Hot Yoga Upstairs	22 6:00pm–7:00pm Step and Pump (Cardio on the Step/Weights) Sharon 7:15pm-8:00pm Zumba Dawn	23 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	24 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	25 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
27 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm – 7:45pm Step Michelle	28 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	29 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	30 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	31 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	