

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: 8:00pm – 5:00pm

January 2026 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 SPECIAL HOURS 4:00AM-5:00PM	New Years Day SPECIAL HOURS 8:00AM-10:00PM 4:00pm-4:45pm Pilates 5:00pm-6:00pm Dance Fit Sharon	2 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	3 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
5 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step Michelle	6 6:45pm – 7:40pm New Year Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	7 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class 7:15pm-8:00pm Zumba Dawn	8 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	9 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	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- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step Michelle	13 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	14 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	15 9:45am –10:30am Senior Fitness Jenn 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 No Classes
19 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step Michelle	20 No classes downstairs Hot Yoga Upstairs	21 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	22 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	23 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	24 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
26 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:35pm DANCE FIT (must be 15) Sharon 6:40pm – 7:40pm Step Michelle	27 6:45pm – 7:40pm Barre Burn Sharon	28 6:00pm-7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight 7:15pm-8:00pm Zumba Dawn	29 9:45am –10:30am Senior Fitness Jenn 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 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon