

# 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

## June 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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	5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	6:00pm–7:00pm Box and Burn (Cardio Kickboxing) 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  No Zumba	9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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	5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	6:00pm–7:00pm Step & Pump (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-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
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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	5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Pilates- Standing & Mat 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	9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates  5:40pm- 6:45pm EXTENDED DANCE FIT (must be 15) Sharon  No Step	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	9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn 6:45pm-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
<b>29</b>	<b>30</b>				
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	5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Barre Burn Sharon				