

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

July 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:45pm – 7:40pm Toning Sharon	2 NO Box & Burn 7:15pm-8:00pm Zumba Dawn	3 No Senior Fitness 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn -6:45pm-7:45pm X-Hip Hop Step Micheal	4 CLOSED Happy July 4th! 	5 NO CLASSES
7 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 Micheal	8 6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	9 6:00pm– 7:00pm Sandbag Tabata HIIT (Step, Sandbag, and your own Body Weight) Sharon 7:15pm-8:00pm Zumba Dawn	10 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	11 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	12 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
14 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 Micheal	15 No classes downstairs Hot Yoga Upstairs	16 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	17 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	18 No classes	19 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
21 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 Micheal	22 6:45pm – 7:40pm Toning/Body Build Mix Sharon	23 6:00pm– 7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	24 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	25 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	26 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
28 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 Micheal	29 6:45pm – 7:40pm Barre Burn Sharon	30 5:45pm– 7:00pm The Kitchen Sink (A mixture of many classes) Sharon 7:15pm-8:00pm Zumba Dawn	31 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		