

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
1 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	2 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	3 6:00pm–7:00pm Box and Burn (Cardio Kickboxing) Sharon 7:15pm-8:00pm Zumba Dawn	4 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	5 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	6 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
8 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	9 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	10 6:00pm–7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	11 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn No Step	12 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	13 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
15 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	16 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Pilates- Standing & Mat Sharon	17 6:00pm– 7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight Sharon 7:15pm-8:00pm Zumba Dawn	18 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	19 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	20 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
22 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:45pm EXTENDED DANCE FIT (must be 15) Sharon No Step	23 5:30pm-6:15pm Zumba Dawn Hot Yoga Upstairs	24 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	25 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	26 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	27 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
29 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	30 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Barre Burn Sharon				