

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

June 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 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/Interval Mix Michelle	3 6:45pm – 7:40pm Toning Sharon	4 6:00pm– 7:00pm Box & Burn (Cardio Kickboxing) Sharon 7:15pm-8:00pm Zumba Dawn	5 9:45am –10:30am Senior Fitness Jenn -No Hip Hop Step	6 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	7 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
9 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/Interval Mix Michelle	10 6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	11 6:00pm– 7:00pm Sandbag Tabata HIIT (Step, Sandbag, and your own Body Weight) Sharon 7:15pm-8:00pm Zumba Dawn	12 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	13 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	14 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
16 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/Interval Mix Michelle	17 5:30pm-7:00pm Special Live Music Yoga Class Melody & Movement Featuring Jon Piland on the piano with live vocals Sharon	18 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	19 9:45am –10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	20 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	21 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
23 12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates 5:35pm- 6:35pm DANCE FIT (must be 15) Sharon No Step	24 6:45pm – 7:40pm Toning/Body Build Mix Sharon	25 6:00pm– 7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	26 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	27 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	28 9:55am – 10:50am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
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