

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

May 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			April 30 9:45am – 10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	1 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	2 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
4 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 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Summer Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	6 6:00pm–7:00pm Box and Burn Cardio kickboxing Sharon 7:15pm-8:00pm Zumba Dawn	7 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	8 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	9 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
11 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	12 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	13 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	14 9:45am – 10:30am Senior Fitness Jenn 6:45pm-7:45pm X-Hip Hop Step Micheal	15 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	16 No Classes
18 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	19 5:30pm-6:15pm Zumba Dawn Hot Yoga Upstairs	20 6:00pm–7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight No Zumba	21 9:45am – 10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon No Zumba 6:45pm-45pm X-Hip Hop Step Micheal	22 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	23 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
25 	26 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Barre Burn Sharon	27 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	28 9:45am – 10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	29 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	30 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon