

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

December 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates Sharon 6:40pm – 7:40pm Step Michelle	2 6:45pm – 7:40pm Booty Build Bands, Weights, Gliders Sharon	3 6:00pm–7:00pm Pilates 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 6:00pm-7:00pm Zumba Dawn	6 9:55am – 10:50am 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 6:45pm – 7:40pm Toning Sharon	10 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class 7:15pm-8:00pm Zumba Dawn	11 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 6:45pm-7:45pm X-Hip Hop Step Micheal	12 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	13 No Classes
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 6:45pm – 7:40pm Holiday Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	17 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon 7:15pm-8:00pm Zumba Dawn	18 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	19 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	20 9:55am – 10:50am 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- 6:35pm DANCE FIT (must be 15) Sharon No Step	23 No classes downstairs Hot Yoga Upstairs	24 SPECIAL HOURS 4:00AM-3:00PM	25 CLOSED 	26 SPECIAL HOURS 8:00AM-8:00PM 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	27 9:55am – 10:50am 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 6:45pm – 7:40pm Barre Burn Sharon	31 SPECIAL HOURS 4:00AM-5:00PM 6:00pm-7:00pm Zumba Dawn	New Years Day SPECIAL HOURS 8:00AM-10:00PM 4:00pm-4:45pm Pilates 5:00pm-6:00pm Dance Fit Sharon		