

# 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

## October 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>September 30</b>	<b>1</b> 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class Sharon  7:15pm-8:00pm Zumba Dawn	<b>2</b> 9:45am –10:30am Senior Fitness Jenn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>3</b>  No Classes  6:00pm-7:00pm Zumba Dawn	<b>4</b>  9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>6</b> 12:15pm – 1:00pm Pilates 4:40pm – 5:25pm Pilates  5:35pm- 6:45pm Extended DANCE FIT (must be 15) Sharon  No Step	<b>7</b>  6:45pm – 7:40pm Toning/Body Build Mix Sharon	<b>8</b>  No 6:00pm Class  7:15pm-8:00pm Zumba Dawn	<b>9</b> 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	<b>10</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>11</b>  9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>13</b> 12:15pm – 1:00pm Pilates Special Class Demos: 4:30pm-4:45pm Pilates 5:00pm-5:15pm Toning 5:30pm-5:45pm Dance Fit 6:00pm-6:15pm Box and Burn 6:40pm – 7:40pm Step Michelle	<b>14</b>  6:45pm – 7:40pm Fall Ready!  (Strength Class Targeting Abs, Glutes, Arms) Sharon	<b>15</b>  6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon  7:15pm-8:00pm Zumba Dawn	<b>16</b> 9:45am –10:30am Senior Fitness Jenn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>17</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>18</b>  No Classes
<b>20</b> 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 Michelle	<b>21</b>  No classes downstairs  Hot Yoga Upstairs	<b>22</b>  6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon  7:15pm-8:00pm Zumba Dawn	<b>23</b> 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	<b>24</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>25</b>  9:55am – 10:50am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
<b>27</b> 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 Michelle	<b>28</b>  6:45pm – 7:40pm Barre Burn Sharon	<b>29</b>  6:00pm–7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight  7:15pm-8:00pm Zumba Dawn	<b>30</b> 9:45am –10:30am Senior Fitness Jenn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>31</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  No Zumba	<b>Happy Halloween</b> 