Perfect Workout Gym - DOWNSTAIRS AEROBICS ROOM

October 2025 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	September 30	1 6:00pm– 7:00pm	2	3	4
	6:45pm – 7:40pm Barre Burn	Box and Burn Cardio Kickbox Class Sharon	9:45am –10:30am Senior Fitness Jenn	No Classes 6:00pm-7:00pm	9:55am – 10:50am Dance Fit (must be 15) Sharon
	Sharon	7:15pm-8:00pm Zumba Dawn	6:45pm-7:45pm X-Hip Hop Step Micheal	Zumba Dawn	11:10am – 12:15pm Body Build (Weight Training) Sharon
6	7	8	9	10	11
12:15pm – 1:00pm Pilates		No 6:00pm Class	9:45am –10:30am Senior Fitness	11:45am – 12:10pm Dance Fit	9:55am – 10:50am
4:40pm – 5:25pm	6:45pm – 7:40pm	NO 6:00pm Class	Jenn		Dance Fit (must be 15)
Pilates	Toning/Body Build Mix Sharon	- 4- 0.00	12:15pm – 1:00pm Toning	12:15pm – 1:00pm Pilates w/ Weights	Sharon
5:35pm- 6:45pm	Charon	7:15pm-8:00pm Zumba	Sharon	Sharon	11:10am – 12:15pm
Extended DANCE FIT (must be 15)		Dawn	5:45pm-6:30pm Zumba	6:00pm-7:00pm	Body Build .
Sharon			Dawn	Zumba	(Weight Training) Sharon
No Step			6:45pm-7:45pm X-Hip Hop Step Micheal	Dawn	Silatori
13	14	15	16	17	18
12:15pm – 1:00pm					
Pilates Special Class Demos: 4:30pm-4:45pm	6:45pm – 7:40pm Fall Ready!	6:00pm– 7:00pm Step & Pump (Step, Weights)	9:45am –10:30am Senior Fitness Jenn	11:45am – 12:10pm Dance Fit	
Pilates 5:00pm-5:15pm	(Strength Class Targeting	Sharon		12:15pm – 1:00pm	No Classes
Toning 5:30pm-5:45pm	Abs, Glutes, Arms) Sharon	7:15pm-8:00pm Zumba	6:45pm-7:45pm X-Hip Hop Step Micheal	Pilates w/ Weights Sharon	
Dance Fit 6:00pm-6:15pm Box and Burn		Dawn		6:00pm-7:00pm Zumba	
6:40pm – 7:40pm Step				Dawn	
Michelle					
20 12:15pm – 1:00pm	21	22	23 9:45am –10:30am	24	25
Pilates 4:40pm – 5:25pm		6:00pm-7:00pm	Senior Fitness Jenn	11:45am – 12:10pm	9:55am – 10:50am
Pilates	No classes downstairs	Shred It! (Cardio Bursts, Strength	12:15pm – 1:00pm	Dance Fit	Dance Fit (must be 15) Sharon
5:35pm- 6:35pm DANCE FIT		Training & Abs)	Toning Sharon	12:15pm – 1:00pm	
(must be 15)	Hot Yoga Upstairs	Sharon	5:45pm-6:30pm	Pilates w/ Weights Sharon	11:10am – 12:15pm Body Build/Toning Mix
Sharon		7:15pm-8:00pm	Zumba Dawn		(Weight Training)
6:40pm – 7:40pm Step		Zumba Dawn	6:45pm-7:45pm	6:00pm-7:00pm Zumba	Sharon
Michelle		Dawii	X-Hip Hop Step Micheal	Dawn	
27	28	29	30	31	Нарру
12:15pm – 1:00pm					Halloween
Pilates 4:40pm – 5:25pm		6:00pm-7:00pm	9:45am –10:30am	11:45am – 12:10pm	HELL TO THE
Pilates	6:45pm – 7:40pm	Sandbag Tabata HIIT using the	Senior Fitness Jenn	Dance Fit	
5:35pm- 6:35pm DANCE FIT	Barre Burn Sharon	Step/Sandbag/Body		12:15pm – 1:00pm	
(must be 15)		Weight	6:45pm-7:45pm X-Hip Hop Step	Pilates w/ Weights Sharon	
Sharon 6:40pm - 7:40pm		7:15pm-8:00pm	Micheal	Gilaton	10 miles 11 - 1
6:40pm – 7:40pm Step		Zumba Dawn		No Zumba	900
Michelle		Dawii			