

# 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

## February 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 12:15pm – 1:00pm Pilates Sharon  4:45pm – 5:30pm Pilates Sharon	<b>3</b> 5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Valentine's Ready! (Strength Class Targeting Abs, Glutes, Arms) Sharon	<b>4</b> 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class  7:15pm-8:00pm Zumba Dawn	<b>5</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>6</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  No Zumba	<b>7</b> 9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>9</b> 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	<b>10</b> 5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	<b>11</b> 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon  7:15pm-8:00pm Zumba Dawn	<b>12</b> 9:45am –10:30am Senior Fitness Jenn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>13</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>14</b> 9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon
<b>16</b> 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	<b>17</b> 5:30pm-6:15pm Zumba Dawn  Hot Yoga Upstairs	<b>18</b> 6:00pm– 7:00pm Step & Pump (Step, Weights) Sharon  7:15pm-8:00pm Zumba Dawn	<b>19</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>20</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>21</b> 9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
<b>23</b> 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	<b>24</b> 5:30pm-6:15pm Zumba Dawn  6:45pm – 7:40pm Barre Burn Sharon	<b>25</b> 6:00pm–7:00pm Sandbag Tabata HIIT using the Step/Sandbag/Body Weight  7:15pm-8:00pm Zumba Dawn	<b>26</b> 9:45am –10:30am Senior Fitness Jenn  6:45pm-7:45pm X-Hip Hop Step Micheal	<b>27</b> 11:45am – 12:10pm Dance Fit  12:15pm – 1:00pm Pilates w/ Weights Sharon  6:00pm-7:00pm Zumba Dawn	<b>28</b> 9:55am – 10:55am Dance Fit (must be 15) Sharon  11:10am – 12:15pm Body Build (Weight Training) Sharon