

fitness challenge 2012

Participating Centers & Availability

The following centers have donated various opportunities for you to experience at their facility during the Fitness Challenge. Please note age restrictions, specific hours of operation, as well as particular times each center is offering participants to use their facility.

BODY LYRICS BELLY DANCE

828-283-0173

Instructor: Logan Labbe-Jarrell

www.loganlj.com

logan2663@gmail.com

Classes will be held at Old Mountain Health Center - Haywood Square - 292 N. Haywood St. — Waynesville

Adult Body Lyrics Belly Dance Classes - Monday 6pm-7pm

(10yrs and up with accompanying adult)

A fun and challenging workout with a lot of funky world music and sass! Strengthen and mobilize your body safely practicing the basics of belly dance with a professional performer and instructor. We start out with 20 minutes of stretching and lengthening and then continue with a 40 minute workout that includes muscle strengthening through isolations, belly dance technique training, and fabulous movement combinations that will also reconnect you with your femininity and inner strength. Open to beginners and all fitness levels!

Children's Creative Movement Classes - Monday 5pm – 5:45pm

(4-10yrs old)

An exciting opportunity for children to become familiar with dance movement in a fun, safe, and encouraging environment. We incorporate animal stretches, tumbling, games, basic world movement techniques, and story telling through movement. Children are encouraged to use their imaginations and are given opportunities to express themselves in a safe and caring atmosphere. We utilize world music and props which include veils, fan veils, hula hoops, baskets, wooden swords, etc. Open to beginners and all fitness levels. Special needs friendly.

Students with the most attendance have an opportunity to win a series of classes at the end of the Fitness Challenge. There will be a drawing for free classes with the students who meet this criteria. Come out and join us for a joyous dance experience, as much as you can!

FRED RILEY ACADEMY of MARTIAL ARTS

648-5400

151 Main St

Canton

- Lil Dragons (3-6 Year Old) - Monday's/5:00 PM - 6:00 PM
- Tae Kwon Do Classes (Ages 7 - 15) - Tuesday & Thursday/5:00 PM - 6:00 PM
- Tae Kwon Do Classes (Ages 16 & Above) - Tuesday & Thursday/6:00 PM - 7:30 PM
- Karate Gi's or gym attire are required for these classes

MEDWEST HEALTH & FITNESS CENTER

452-8080

75 Leroy George Drive

Clyde

BUSINESS HOURS FOR FITNESS CHALLENGE PARTICIPANTS (See Times Below)

TUESDAY 5:30am - 10:00pm

THURSDAY 5:30am - 10:00pm

SATURDAY 7:30am - 5:00pm

- Check in at the front desk upon entering the center
- Under age 12: The pool & gymnasium unless another class is scheduled
- Age 12 and older: May use the track/no machines, pool, gymnasium as available, Racquetball courts
- Age 14 and older: May use track and machines (first and second floor access)
- NOTE: CHILDREN UNDER THE AGE OF 14 MUST BE ACCOMPANIED BY A PARENT
- Any group fitness classes held on Tuesday, Thursday or Saturday - such as yoga, cycle classes, water and land aerobics are included and count as a punch on your card
- Childcare offered – Nursery hours: 8:00am –7:30pm and Saturday 8:00am -1:00pm.

Fees are \$4 per hour up to 2 hours and prefer setting a reservation for the Nursery use. 452-8064.

JUNALUSKA DRIVING RANGE

454-0660 663 Crabtree Road #209 Waynesville

- Normal hours are 24/7, with night lights.
- You may enter the golf drawing during the KickOff Event and redeem tokens at this event
- Must use token within one week
- One token allows approx. 60 balls
- YOU ARE RESPONSIBLE FOR DIRECTION OF GOLF BALL

OLD MOUNTAIN HEALTH CENTER

828-283-0268 292 N. Haywood St. Waynesville www.oldmtnmedicine.com

Wednesday & Fridays

- Qi Gong [Breathing Exercises] 5:00 pm - 5:30 pm
- Tai Chi Chuan 5:30 pm - 6:30 pm
- Long Fist Kung Fu 6:30 pm - 7:30 pm

Thursdays

- Tai Chi for Health 1 pm - 2 pm
- Wear loose, comfortable clothes.
- Participants over 12 are open to come to any classes
- All classes are ages 15 and up. Wear loose comfortable clothes and sneakers.
- No need to call ahead. Just show up!

RAQS BELEDI BELLYDANCE STUDIO

734-0671 84 North Main Street Waynesville www.raqsbeledi.shorturl.com

Located above the Jeweler's Workbench in downtown Waynesville, Raqs Beledi offers a unique dance fitness experience. Come dance with us whether you want to learn the ancient art of bellydance or just try something fun and new.

TUESDAY: 5-6pm, 6-7pm

WEDNESDAY: 5-6pm

THURSDAY: 5-6pm, 6-7pm

FRIDAY: 6-7pm

SATURDAY: 11am-12pm, 12-1pm

- Classes open to women 18 years and older
- Classes open to all skill levels
- NO childcare provided
- Wear comfortable workout clothes
- Find us on Facebook!

SMOKY MOUNTAIN SK8WAY – ROLLER SKATING RINK

246-9124 19025 Great Smoky Expressway (HWY 23/74) Waynesville smokymountainsk8way.com

Wednesday Night

Regular Roller Skating Session

6-9pm

- Admission includes skate rental or bring your own roller skates or roller blades.

STRICK FITNESS CENTER

734-4985 297 North Haywood St. Waynesville

Monday, Tuesday, Wednesday from 4:00-7:00

- Must be 16 or older
- No child care provided
- Strick will be available to help out or answer any questions

THE FITNESS CONNECTION

734.0073 60 South Main Street Waynesville

Personal Training on the ROM machine (Call to schedule)

(ROM stands for range of motion and is a complete body workout in 8 minutes)

Monday / Wednesday / Friday: 7am – 6pm

Tuesday / Thursday: 9am – 3pm

Saturday - 9:00am to 11:00am

General Gym Info.

- Ages 12 and up welcome / Ages 12 – 18 must be supervised by a guardian at first assessment
- ALL sessions supervised by a trainer
- NO childcare offered
- Need to call for an appointment

THE OLD ARMORY

456.9207 44 Boundary Street Waynesville

REGULAR BUSINESS HOURS (See Times Below)

Access to gym

- Monday - Saturday 7:00am - 9:00pm
- Punch card is good for general admission to facility and some classes. Call for more details. No childcare offered.

URBAN ATHLETIC TRAINING CENTER

646.2661 68 New Clyde Hwy www.theurbanathletic.com

REGULAR BUSINESS HOURS (See Times Below)

MONDAY – THURSDAY – 5:00am – 10:00pm

FRIDAY – 5:00am – 8:00pm

SATURDAY – 8:00am – 6:00pm

SUNDAY – 1:00pm – 6:00pm

- Any group exercise classes such as Group Power®, Group Step®, Group Kick®, and Zumba® are included
- Supervised with parent: ages 12 to 15
- Unsupervised: 16 or older with parent signature

WAYNESVILLE RECREATION CENTER

456.2030 550 Vance Street Waynesville www.townofwaynesville.org

- Monday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm
- Wednesday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm
- Thursday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm
- Sunday / 1:00am – 7:00pm; Pool Hours: 1 – 6:00pm; Water Park Hours: 1 to 6 pm
- The FC punch card entitles you to use: the track, equipment, pool, and classes during above days
- 12 year olds and younger must be closely supervised by an adult
- Youth 13 years old may be upstairs unaccompanied
- Participants may use the gym to play basketball or volleyball if there are not existing programs using the courts
- Pool is open at different hours for different activities (lap swim, open swim, water park)...call for hours for specific program needs
- All participants must pay the non-member rate for additional programs offered by the Waynesville Parks & Recreation Department
- If classes are free to members, they are free to Fitness Challenge participants. If classes have a member cost, then Fitness Challenge participants pay that cost.
- Call the Waynesville Recreation Center or go to the website for information about classes offered
- Child Care hours: 8:30 am - 10:30 am and 5:00 pm- 7:30 pm - Monday-Friday
 - \$6 per hour per child // 6 months to 7 years of age // Reservations preferred – Encouraged to call ahead.

YOGA OF LIGHT

246-319 62 North Main Street Waynesville www.yogaoflight.com

Whether you're new to Yoga and you don't know where to start, or you're an advanced practitioner of Yoga, *Yoga of Light* offers classes suitable for all Individuals at all levels!

Class schedule is available online. Fitness Challenge participants are welcome to any current classes listed. While on the website, take time to read teacher's bios and class descriptions to get a better idea of *Yoga of Light* and what it can bring to your Life!

**SOMETIMES,
fitness centers and private classes can offer
DISCOUNTS to fitness challenge
participants after the challenge is over.**

**SIMPLY,
show your Fitness Challenge card
to staff and INQUIRE.**