

fitness challenge 2011

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.

ANGIE'S DANCE ACADEMY

115 Glance Street Clyde 627-3267 angiesdanceacademy.com

Kids Move 'n Groove (Boys and Girls – ages 6 to 12)

Thursdays 4:00- 4:45 pm for 8 weeks - February 24 – April 14

An energetic blend of hip hop dancing and aerobic exercise. The class is designed to help kids build a good foundation of rhythm and coordination while simultaneously developing a healthy exercise routine. Wear comfortable clothing and tennis shoes for this 45-minute fitness dance class.

BASULTO ACADEMY OF DEFENSE – GROUND SWELL FITNESS

218 Branner Ave. Waynesville (Near Frog Level) basultobjj@yahoo.com www.wncbjj.com

Description of Class:

Brazilian Jiu Jitsu was developed in Brazil from traditional Japanese Jiu Jitsu by the Gracie family. Known throughout the world for its grappling techniques, this martial art uses sophisticated leverage and positioning to control and submit an opponent. Brazilian Jiu Jitsu was made famous through its success in countless Pay-Per-View MMA events.

No wrestling or grappling experience necessary but be prepared to come and sweat during this 60 minute class!

Tuesday Nights starting April 5th:

- Brazilian Jiu Jitsu Gi required (Purchasable at GroundSwell Fitness, our onsite BJJ and MMA Pro Shop)

Please contact Armando Basulto if you are interested in registering for classes. To reserve a spot in our class, please email directly to basultobjj@yahoo.com or through our website www.wncbjj.com.

Space is limited, so we encourage you to contact us quickly! First come, first served.

BODY LYRICS BELLY DANCE

828-283-0173 Instructor: Logan Labbe-Jarrell familycmassage@aol.com www.familycenteredmassage.com

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

Children's Classes: Gypsy Princesses & Arabian Knights Dance Class

- Mondays 5:30pm-6:15pm/Girls & Boys 4-8yrs old - Ongoing classes; Costumes and props provided on 1st come 1st serve basis.

Adult Classes: Body Lyrics Belly Dance Class

- Tuesdays 6pm-7pm (60 min.) - Ongoing classes; Teens and youth (9yrs and up) welcomed with adult participation; Seniors welcome.

Feel free to call or check our **Body Lyrics Belly Dance** facebook page to see if classes are canceled due to winter weather. Sign in for class upon arrival. Wear comfortable clothes or costumes. Ballet/jazz shoes, socks, or bare feet.

E-Z STRETCHING & CHAIR EXERCISE CLASSES

Location: The Waynesville Towers/65 Church Street Waynesville (Next to the Post Office)

Class Times: Tuesdays 2:00pm – 3:15pm

Class Description: Participants do exercises in a chair and standing to accommodate all abilities; geared for seniors and physically-challenged or limited individuals.

- Wear loose, comfortable clothing
 - Please NOTE: Parking must be OUTSIDE of the parking lot of The Towers.
- Contact Information: Pamela; Certified Movement Analyst - 828-456-3952

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

HAYWOOD REGIONAL 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 pick up tokens Fridays between 3pm & 5pm at the Haywood County Health Department
Tokens will go to the first 5 people/One token per customer
- Speak with staff at the first window upon entering the Health Department about tokens
- Must use token within one week
- One token allows approx. 60 balls
- YOU ARE RESPONSIBLE FOR DIRECTION OF GOLF BALL

MUSICWORKS! STUDIO OF PERFORMING ARTS

456-2283 9 Forga Plaza Loop Waynesville www.performwithmusicworks.com

Hip Hop and Street Dance (Guys and Girls – Youth and Teens ages 12-18)

Thursdays 7pm-7:45pm

The ultimate in fun and fitness; street dancing at its best! An evolving combination of rhythmic isolations, jumps and turns done to current music and rap sensations. Only age appropriate movements and music will be permitted. Appropriate attire would be athletic pants or shorts, t-shirt and tennis shoes with low tread. Jazz dance shoes or hip hop shoes would also be appropriate.

OLD MOUNTAIN HEALTH CENTER

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

WEDNESDAY [Age 14 & Up]

Qi Gong: 5:00 – 5:30pm

Tai Chi: 5:30 – 6:30pm

Lion Fist: 6:30 – 7:30

FRIDAY [Age 14 & Up]

Qi Gong: 5:00 – 5:30pm

Tai Chi: 5:30 – 6:30pm

Lion Fist: 6:30 – 7:30

- Wear loose, comfortable clothes.
 - Participants over 12 are open to come to any classes
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RAQS BELEDI STUDIO

734-0671 84 North Main Street Waynesville raqsbeledi@yahoo.com

Class Schedule

Belly Dance Classes

- Monday 5-6pm
- Tuesday 5-6pm and 6-7pm
- Wednesday 5-6pm

Yoga Class

- Friday 6-7pm
- Classes open to women 18 years and older
➤ Classes open to all skill levels
➤ No childcare provided
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SMOKY MOUNTAIN SK8WAY – ROLLER SKATING RINK

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

Thursday Night

Regular Roller Skating Session

4-9pm

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

246-9500 or 734-4985 303 North Haywood St. Waynesville

Monday - Friday 3pm -8pm

- Must be age 16 and older
 - No childcare provided
 - Check in at the front desk upon entering the gym.
 - Strick will be available for any questions or to help with the machines.
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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 - Friday: 8:00am to 4:00pm

Saturday – 9:00am – 11:00am

Offering FREE Classes – (No Appt. Necessary – Please bring a mat if you have one.)

Monday - 30 Minute Ab Class – 6:00pm – 6:30pm

Wednesday – Basic Stretching – 3:00pm – 4:00pm

Thursday – Rotating Classes

March 17th & 24th - Qi Gong – 4:30pm – 5:15pm

March 31st & April 7th - Beginning Yoga – 4:30pm – 5:15pm

April 14th & 21st - Basic Pilates – 4:30pm – 5:15pm

April 28th & May 5th - Sampler of above three classes – 4:30pm – 5:15pm

THE FITNESS CONNECTION CONTINUED.....

FREE Personal Training Assessment with the purchase of two training Sessions (Call to schedule)

General Gym Info.

- Supervised by an adult: Ages 12-15
- Unsupervised: Ages 16 and older
- 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

Karate Classes

- Tuesday & Wednesday 5:00pm – 7:00pm
- Friday 6:00pm – 8:00pm

- 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

(See Times Below)

- Tuesdays from 5:00am – 9:00pm
Pool Hours: 5:30 – 8:00pm
- Thursdays from 5:00am – 9:00pm
Pool Hours: 5:30am – 8:00pm
- Saturdays from 7:00am – 9:00pm
Pool Hours: 7:00am – 7:00pm
- Youth 13 years old may be upstairs unaccompanied
- 12 year olds and younger must be closely supervised by an adult
- Participants may use the gym to play basketball or volleyball if there are not existing programs using the courts
- Punch card is good for general admission to facility
- 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 are 8:30 am - 10:30 am and 5:00 pm- 7:30 pm, Monday-Friday
\$5 fee for non-members for Child Care