

fitness challenge 2010

Participating Centers & Availability

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

ACCESS DANCE WNC (Formerly Smoky Mountain Dance Center)

828-276-6458

Tuesdays/Adult LATIN AEROBICS/5:00pm-5:45pm

Tuesdays/Adult ABS/DEEP STRETCH/5:45pm-6:15pm

Join instructor, Nicole Polzella, for a new way to get in shape! An aerobic class with a Latin flair...enjoy Salsa, Samba, African, Cumbia, and Reggaeton rhythms, all while toning and sculpting your body. Following this hip-shaking workout, students will enjoy a deep 30-minute stretching segment to lengthen and relax the muscles.

- Note: Smooth-bottomed lace-up sneakers recommended.
- One group class equals one punch on your card. Before participating, all students must have a signed liability release and medical form on file with AccessDance WNC. No experience necessary to participate.
- Classes are at the Old Mountain Health Center at 292 N. Haywood St, Waynesville
- Call (828) 276-6458 or email accessdance@yahoo.com to register today!

BASULTO GRACIE JIU JITSU

Waynesville Recreation Center

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

Tuesday Nights from 6:40 to 7:40 in the aerobics room at the Waynesville Recreation Center starting April 5th

- Minimum age of 18.
- Clothing: t-shirt & shorts or pants without buckles or rings (ones that tie at the waist recommended).

Please contact Armando Basulto if you are interested in signing up for classes. We can be emailed at above e-mail. Space is limited, so we encourage you to contact us quickly!

First come, first served.

BODY LYRICS BELLY DANCE

828-734-0173

Instructor: Logan Labbe-Jarrell

familymassage@aol.com

www.familycenteredmassage.com

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

- Mon. 5:30pm-6pm/Girls & Boys 4-6yrs old
- Mon. 6:10pm-6:40pm/Girls & Boys 7-10yrs old
- Location: Old Mountain Health Center
292 Haywood St
Waynesville, NC 28786

Adult Classes: Body Lyrics Belly Dance Class

- Wednesdays 6pm-7pm (60 min.) - Classes are ongoing.
- Teens and youth welcomed with adult participation.

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

- Wed. 3:30-4pm Girls & Boys 7-10yrs old
- Wed. 4:15-4:45pm Girls & Boys 4-6yrs old
- Location: MusicWorks! Studio of Performing Arts
9 Forga Plaza Loop
Waynesville, NC 28786

**For both locations, students can register upon arrival - no pre-registration necessary.

CLUB 56

452-1822 56 Commerce Street Waynesville

8am-6pm Monday, Wednesday, Friday

10am-2pm Saturday
Closed Sunday

Children under 15 yrs of age must be accompanied by an adult.

CURVES

456-3222 1384 Sulphur Springs Road Waynesville

REGULAR BUSINESS HOURS (See Times Below)

- Monday – Friday/7am-7pm
 - Saturday/9am-11am
 - Free Weight Management Class the last Tuesday of each month/First class during the Fitness Challenge is March 30th
 - Must be age 12 and older
 - FOR WOMEN ONLY
 - NO childcare provided
 - Each participant is to make an appointment for their first visit
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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 (to include gym shoes) are required for these classes
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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 such as yoga, cycle classes, water and land aerobics are included and count as a punch on your card
- Childcare offered – Nursery hours: 8:30am –7:30pm and Saturday 8:30am -1:30pm.

Fees are \$4 per hour up to 2 hours and prefer setting a reservation for the Nursery use. Linda Mohr @ 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

Speak with staff at the first window upon entering the Health Department about tokens.

1 token per customer

Must use token within one week

One token buys 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 (Guys and girls)

Tuesdays: Grades 2-4: 4:30-5:15pm

Tuesdays: Grades 5-8: 4:30-5:30pm

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.

Adult Jazz Dance (Ages 14 and up)

Tuesdays: 6pm-7pm

A combination of jazz technique and physical fitness to promote flexibility of movement, coordination, and a great aerobic workout! Movements will include isolations, stretching, patterns, and combinations all taught at a level perfect for beginners through intermediate students. Contemporary and classic music will be used. A wonderful way to exercise, make new friends, and have a great time!

OLD MOUNTAIN HEALTH CENTER

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

WEDNESDAY [Age 14 & Up]

Qi Gong: 5:30 pm – 6:30 pm

Tai Chi: 6:30 pm – 7:30 pm

THURSDAY [Age 12 & Up]

Shao Lin Kung Fu: 5:30 pm – 7:00 pm

Emperor's Longfist: 7:00 pm – 8:30 pm

FRIDAY [Age 14 & Up]

Qi Gong: 5:30 pm – 6:30 pm

Tai Chi: 6:30 pm – 7:30 pm

**Wear loose, comfortable clothes.

RAQS BELEDI BELLY DANCE STUDIO

734-0671 84 North Main Street Waynesville

Class Schedule

- Monday 6-7
- Tues 5-6 and 6-7
- Thursday 6-7
- New for 2010
- Friday YOGA 6-7

Classes open to women 18 years and older

Classes open to all skill levels

No childcare provided

THE FITNESS CONNECTION

734.0073 60 South Main Street Waynesville

Personal Training on the ROM machine only

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

- Monday - Friday: 8:00am to 7:00pm
- Saturday – 9:00am – 11:00am
- 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 fitness equipment and 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.
 - May use **exercise** equipment unsupervised ages 13 and older
 - May use **weight** equipment unsupervised ages 16 and older
 - May use all equipment supervised ages 12 and older.
 - Participants will have to pay to participate in additional activities/classes/programs
 - NO childcare offered
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WAYNESVILLE RECREATION CENTER

456.2030 550 Vance Street Waynesville www.townofwaynesville.org

REGULAR BUSINESS HOURS (See Times Below)

- Monday – Friday – 5:00AM – 9:00PM
Pool Hours: 5:30AM – 8:00 PM
 - Saturday – 7:00AM – 9:00PM
Pool Hours: 7:00AM – 7:00PM
 - Sunday – 1:00PM – 7:00PM
Pool Hours: 1:00PM – 6:00PM
 - Youth 13 years old may be upstairs unaccompanied
 - 12 year olds and younger must be closely supervised by an adult while upstairs
 - 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
 - Call the Rec. 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
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WORLD GYM (becoming URBAN ATHLETIC in April 2010)

646.2661 68 New Clyde Hwy Canton www.worldgymcanton.com www.theurbanathletic.com (coming soon)

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 adult: ages 12 to 15
- Unsupervised: 16 or older