

HEALTHYHAYWOOD



PRESENTS

# FITNESS CHALLENGE

ONLY \$10

24 VISITS IN 8 WEEKS

3/14  
THRU  
5/10  
2011

# GET FIT

## PARTICIPATING FITNESS CENTERS AND CLASSES

- Angie's Dance Academy
- Basulto Academy Of Defense
- Body Lyrics Belly Dance
- E-Z Stretching & Chair Exercise Classes
- Fred Riley Academy Of Martial Arts
- Haywood Regional Health & Fitness Center
- Junaluska Driving Range
- Musicworks! Studio Of Performing Arts
- Old Mountain Health Center
- Rags Beledi Studio
- Smoky Mountain Sk&way
- Strick Fitness Center
- The Fitness Connection
- The Old Armory
- Waynesville Recreation Center
- Urban Athletic Training Center

### THANK YOU FOR YOUR SUPPORT:

All participating fitness centers and private classes, All members & organizations on the Healthy Living Action Team, Cornerstone Printing, Haywood County Health Department, Lake Junaluska Conference & Retreat Center, Smoky Mountain News, The Mountaineer, Town of Canton

## REGISTRATION MARCH 14TH -18TH

Monday, March 14 | Urban Athletics | 8 a.m. to 7 p.m.

Tuesday, March 15 | Haywood Regional Health & Fitness Center | 8 a.m. to 7 p.m.

Wednesday, March 16 | Waynesville Recreation Center | 8 a.m. to 7 p.m.

Thursday, March 17 | Cooperative Extension | 8 a.m. to 7 p.m.

Friday, March 18 | The Fitness Connection | 10 a.m. to 4 p.m.

### INFORMATION:

[www.healthyhaywood.org](http://www.healthyhaywood.org)

Events coordinated by Healthy Haywood's Healthy Living Action Team. A program of the Haywood County Health Department and Certified Healthy Carolinians Partnership. Proceeds promote physical activity and nutrition in Haywood County