

HEALTHYHAYWOOD

presents

Fitness Challenge

March 15 - May 11
2010

Registration

\$10 | March 15-18th
See locations below

Monday, March 15

8 a.m.-7 p.m.

World Gym-Canton

Tuesday, March 16

8 a.m.-7 p.m.

Haywood Regional Health &
Fitness Center

Wednesday, March 17

8 a.m.-7pm

Kick-Off from 6-7 p.m.

Waynesville

Recreation Center

Stainless Steel Water bottles
to the first 100 at Kick-off!

Door Prizes Too!

Thursday, March 18

8 a.m.-7 p.m.

Cooperative Extension -
Raccoon Road

Late Registration

\$20 | Friday, March 19 | 8 a.m.-7 p.m.
Fitness Connection - Waynesville

Thank You

All participating fitness centers, all
members and organizations on Healthy
Haywood's Health Action Teams,
Haywood County Health
Department, The Mountaineer,
Smoky Mountain News,
WPTL AM 920,
Cornerstone
Printing,

Participating Fitness Centers and Classes

Access Dance WNC, Basulto Gracie Jiu Jitsu,
Body Lyrics - Belly Dancing, Club 56 - Frog Level,
Curves - Waynesville, Haywood Regional Health & Fitness Center,
Junaluska Driving Range, Old Mountain Health Center - Kung Fu & Tai Chi,
Raqs Beledi - Belly Dancing, The Fitness Connection, Waynesville Recreation
Center & Armory, World Gym - Canton

Need more information:

www.healthyhaywood.org
sduginske@haywoodnc.net

828.452.6675 ext 2272

Contact Steffie Duginske

Coordinated by Healthy Haywood's Healthy Living Action Team • A Program of the Haywood County Health Department & Certified Healthy Carolinians Partnership

Proceeds promote physical activity and nutrition in Haywood County.