

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](http://www.healthyhaywood.org)  
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Contact Steffie Duginske