

fitness challenge 2013

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 their facility to participants.

BODY LYRICS BELLY DANCE

828-283-0173

Instructor: Logan Labbe-Jarrell

www.loganlj.com/www.waynesvillewellness.com

logan@waynesvillewellness.com

Classes will be held at Waynesville Wellness — 1384 Sulphur Springs Rd. — Waynesville



Body Lyrics Belly Dance Class - Mondays 6pm-7pm

(10yrs and up with accompanying adult)

A fun and challenging workout with a lot of funky world music and sass! Strengthen and mobilize your body safely by practicing the basics of belly dance with a professional performer and instructor, Ms. Logan Labbe-Jarrell. We start out with 20 minutes of stretching and lengthening and then continue with a 40-minute workout that includes muscle strengthening through isolations, belly dance technique training, and fabulous movement combinations that will also reconnect you with your femininity and inner strength. Open to beginner, intermediate and professional dancers and all fitness levels! Special needs-friendly.

Students with the most attendance have an opportunity to win a series of classes at the end of the Fitness Challenge. There will be a drawing for free classes with the students who meet these criteria. Come out and join us for a joyous dance experience as much as you can!

Be sure to join us for the incredible Boho Stage Show at The Strand Theater on Main St. (produced and directed by Logan) on Saturday, September 28th for a performance you won't forget! This is an opportunity to see Logan and her colleagues and students in action.

Tickets \$10, Free for Ages 10 and under during the matinee, Show Times will be updated on www.loganlj.com.

CROSS FIT HAYWOOD

828-507-6456

130 Frazier Rd. Unit 4

Waynesville

www.crossfithaywood.com



UNDER CONSTRUCTION

FRED RILEY ACADEMY of MARTIAL ARTS

828-648-5400

151 Main St

Canton



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- Lil Dragons (3-6 Year Old) - Monday's/5:00 PM - 6:00 PM
 - Tae Kwon Do Beginner Classes - Tuesday & Thursday/5:00 PM - 6:00 PM
 - Tae Kwon Do Advanced Classes - Tuesday & Thursday/6:00 PM - 7:30 PM
 - Karate Gi's or gym attire are required for these classes

LEVEL 1 OF 2 FLOW YOGA

828-545-8918 1384 Sulphur Springs Rd., Exit 100 Waynesville <http://www.maggievalleymassage.com>



Classes will be held at Waynesville Wellness

Saturday

- Vinyasa Flow Yoga, 10 am-11 am

This class offers a lovely combination of beginner, intermediate and optional advanced postures. It is a creative blend of breath-centered flow accompanied with a great variety of world music. The class is very sattvic by nature to progressively draw you further within and assist you in achieving great levels of stillness. Pranayama (breath work), mantra and dhyana (meditation) are included to help purify your awareness and elevate you to your highest potential and there is a steady emphasis on the philosophy of yoga and the importance of the eight limbs.

MAGGIE MOUNTAIN FITNESS

828-564-3639

2761 Soco Road

Maggie Valley

www.maggiemountainfitness.com



Business Hours:

24 Hour Access for annual members

Monday-Friday 7am-8pm

Saturday 9am-5pm

Sunday 10am-2pm

Access to Full gym including cardio and strength equipment

Access to Indoor Pool and Jacuzzi

Includes all fitness classes: Pilates, Hatha Yoga, Kickboxing, Spinning, Boot Camp, Bones & Balance/Seniors Fitness, and Yogalates.

Includes Karate classes for ages 6 and up, and Adult Karate classes

1 Free Fitness Assessment, Orientation and Personal Training Session for ALL Challenge members during the 6 week time span.

(Must schedule Apt. at time of visit)

1 Free Tanning Session to all Challenge members (no apt. necessary.)

MEDWEST HEALTH & FITNESS CENTER

828-452-8080

75 Leroy George Drive

Clyde

www.medwesthealth.org



BUSINESS HOURS FOR FITNESS CHALLENGE PARTICIPANTS (See Times Below)

TUESDAY 5:30am - 9:00pm

THURSDAY 5:30am - 9:00pm

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 AN ADULT
- 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 - 6:30pm and Saturday 8:00am - 12:00pm.

Fees are \$4 per hour up to 2 hours and prefer setting a reservation for the Nursery use. 452-8064.

RAQS BELEDI BELLYDANCE STUDIO

84 North Main Street

Waynesville

Located above the Jeweler's Workbench

www.waynesvillebellydance.com



Tanya (828-734-0671), Meaghann (828-337-4402), Nicole (828-712-0550)

Raqs Beledi Bellydance Studio offers dance classes for the fitness adventurer, hobby dancer, and professional dancer. Our classes are full of women of all ages and sizes who laugh and move together. We have a professional dance company, an award-winning student company, and a new improv troupe. Along with a variety of dance classes we offer workshops, custom built parties (bachelorette, birthday, baby shower, etc.), and performances (weddings, fundraisers, and more).

TUESDAY: 6-7pm, Bellydance drills and technique with Tanya. This class is a very energetic hour focusing on a fitness workout using bellydance movement. Be ready for a fun-filled cardio class.

TUESDAY: 7-8 pm, Level I with Meaghann: Level I is the beginning of a five part curriculum and certification program that focuses on safety and alignment, beginning technique, history, and dance combinations and incorporates video tutorials so students can practice at home, differentiation to respect various learning styles and paces, individualized lesson plans and feedback, complete assessments, a detailed syllabus of expectations for each level, and a certificate upon completion. Level I students are invited, but not required, to perform with Raqs Beledi's student troupe.

WEDNESDAY: 5-6pm, Power bellydance with Nicole. We will be learning using bellydance moves along with strength moves to create long, lean muscle tone with powerful core strength, all while learning to dance to Middle Eastern melodies.

- Classes open to women 18 years and older
- Classes open to all skill levels
- NO childcare provided
- Wear comfortable workout clothes

SWEET CIRCLE HOOPS- HOOP DANCING & FITNESS CLASS

828-773-8998

Stacey Bumgarner

1384 Sulphur Springs Rd.

Waynesville

<http://sweetcirclehoops.wordpress.com/>



Classes will be held at Waynesville Wellness

- MONDAY- 7:00-8:00 p.m.
- WEDNESDAY- 5:30-6:30 p.m.

This is a hula hoop class for fun and fitness. Learn to hoop with Stacey. Class is open to all ages and levels! Hoopdance blends the invigoration of cardio with a mind-body connection while improving balance, flexibility and core strength. Adult size hoops are provided.

SMOKY MOUNTAIN SK8WAY – ROLLER SKATING RINK

828-246-9124

19025 Great Smoky Mountains Expressway (HWY 23/74)

Waynesville

www.smokymountainsk8way.com



Regular Roller Skating Session

Wednesday

6-9pm

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

STRICK FITNESS CENTER

828-734-4985

297 North Haywood St.

Waynesville



Monday, Tuesday, Wednesday from 3:00-6:30 pm

- Must be 16 or older
- NO child care provided
- Strick will be available to help out or answer any questions

SUEMBA (ZUMBA WITH SUSAN)

828-230-8240 1384 Sulphur Springs Rd., Exit 100 Waynesville sue_skidoo@hotmail.com

<http://www.waynesvillewellness.com>

Classes will be held at Waynesville Wellness



Monday-Friday

- 7:30 am-8:15 am

Saturday

- 8:30 am-9:15 am

Let's get moving in the mornings with Sue-mba, Zumba by Sooz. A fun way to get in shape and start your day with a mixture of Latin, Rock, Pop, Hip-hop, Swing and World music. If you can keep a beat (even if you can't) you can Zumba! Wear workout clothes and sneakers. Come shake it with me.

- Classes open to all skill levels
- All Ages
- All Skill levels
- No childcare provided
- Wear workout clothes and dance-move friendly sneakers

THE FITNESS CONNECTION

828-734.0073 60 South Main Street Waynesville www.fitnessconnectionnc.com



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 / Wednesday / Friday: 7am – 6pm

Tuesday / Thursday: 9am – 3pm

Saturday - 9:00am to 11:00am

General Gym Info.

- Ages 12 and up welcome / Ages 12 – 18 must be supervised by a guardian at first assessment
- ALL sessions supervised by a trainer
- NO childcare offered
- Need to call for an appointment
- Participants can schedule one session per week at no charge. Up to two more sessions can be scheduled at \$2 each.

THE OLD ARMORY

828-456-9207 44 Boundary Street Waynesville  (Waynesville Parks and Recreation)

REGULAR BUSINESS HOURS (See Times Below)

Access to gym

- Monday - Saturday 7:00am - 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

828-646-2661 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
- NO childcare offered

WAYNESVILLE RECREATION CENTER

456.2030 550 Vance Street Waynesville www.townofwaynesville.org  (Waynesville Parks and Recreation)

Monday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm

Wednesday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm

Thursday / 5:00am – 9:00pm; Pool Hours: 5:30am – 8:00pm; Water Park Hours: 1 to 7 pm

Sunday / 1:00am – 7:00pm; Pool Hours: 1 – 6:00pm; Water Park Hours: 1 to 6 pm

- The FC punch card entitles you to use: the track, equipment, pool, and classes during above days
- 12 year olds and younger must be closely supervised by an adult and must be accompanied by an adult on the track. The track is the only area upstairs that youth 12 and younger are allowed.
- Youth 13 years old may be upstairs unaccompanied on the track only.
- No personal training sessions are included
- No racquetball rentals
- Participants may use the gym to play basketball or volleyball if there are not existing programs using the courts
- 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
- **NO FREE CHILD CARE PROVIDED**
 - Child Care hours: 8:30 am - 10:30 am and 5:00 pm- 7:30 pm - Monday-Friday
 - \$6 per hour per child // 6 months to 7 years of age // Reservations preferred – Encouraged to call ahead.

WAYNESVILLE WELLNESS

828-283-0268 1384 Sulphur Springs Rd., Exit 100 Waynesville <http://www.waynesvillewellness.com> 

Tuesday & Thursday

- Qi Gong [Breathing Exercises] 5:00 pm-5:30 pm
- Tai Chi Chuan 5:30 pm-6:30 pm
- Long Fist Kung Fu 6:30 pm-7:30 pm

Thursday

- Tai Chi for Health 1 pm - 2 pm
- Wear loose, comfortable clothes.
- Participants over 12 are open to come to any classes
- Wear loose comfortable clothes and sneakers.
- No need to call ahead. Just show up!