

# HEALTHY HAYWOOD presents



## FITNESS CHALLENGE

October 6<sup>th</sup> - November 17<sup>th</sup> 2014

### Venues for fitness challenge:

Angie's Dance  
Body Lyrics Belly Dance  
Cardio Tap  
CrossFit 2311  
CrossFit Haywood  
CrossFit Yona  
Haywood Regional  
Health & Fitness Center  
Kids Kung Fu  
Maggie Valley Wellness  
Maggie Mountain Fitness & Massage  
MusicWorks Studio  
of the Performing Arts  
Old Armory Rec Center  
Raqs Beledi Bellydance Studio  
Smoky Mountain Sk8Way & Fun Zone  
The Fitness Connection  
Urban Athletic Training Center  
Waynesville Recreation Center  
Waynesville Wellness  
Zumba with Susan

Need more info?

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

828-452-6675 [mhauser@haywoodnc.net](mailto:mhauser@haywoodnc.net)

**Registration** Oct. 6<sup>th</sup>-10<sup>th</sup> **KICKOFF** Monday Oct. 6<sup>th</sup> 5:30<sup>pm</sup> - 6:30<sup>pm</sup>  
at the Waynesville Recreation Center

Monday October 6<sup>th</sup>  
8<sup>am</sup> - 7<sup>pm</sup>

Waynesville  
Recreation Center

Tuesday October 7<sup>th</sup>  
8<sup>am</sup> - 7<sup>pm</sup>

Cooperative  
Extension

Wednesday October 8<sup>th</sup>  
8<sup>am</sup> - 7<sup>pm</sup>

Haywood Regional  
Health & Fitness Center

Thursday October 9<sup>th</sup> • 8<sup>am</sup> - 7<sup>pm</sup>  
Urban Athletic

Friday October 10<sup>th</sup> • 10<sup>am</sup> - 4<sup>pm</sup>  
The Fitness Connection

24  
VISITS

ONLY  
\$10

6  
WEEKS

\* Cash or Check

**Thank you for your support:**

Participating fitness centers & private classes

Healthy Haywood Partnership

Cornerstone Printing

Haywood County Health & Human Services Agency

Smoky Mountain News

The Mountaineer

Events coordinated by  
the Healthy Haywood Partnership.

A program of the Haywood County Health and  
Human Services Agency and Certified Healthy Carolinians

Partnership. Proceeds promote physical activity and nutrition in Haywood County.

