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FOR YOUR SUPPORT

Participating fitness centers and private classes, Healthy Living Action Team, Cornerstone Printing, Haywood County Health Department, Smoky Mountain News, The Mountaineer

Healthy Haywood Presents...

# Fitness Challenge

## Sept. 30 - Nov. 8

### Venues for Fitness Challenge:

• Body Lyrics Belly Dance • Cross Fit Haywood • Fred Riley Academy Of Martial Arts • Level 1 and 2 Flow Yoga • Maggie Mountain Fitness • MedWest Health & Fitness Center • Raqs Beledi Bellydance Studio • Smoky Mountain Sk8way Roller Skating Rink • Strick Fitness Center • Suemba (Zumba With Susan) • Sweet Circle Hoops-Hoop Dancing & Fitness Class • The Fitness Connection • The Old Armory Waynesville • Urban Athletic Training Center • Waynesville Recreation Center • Waynesville Wellness • MusicWorks

### Registration dates:

Monday - Sept. 30  
(Urban Athletic, 8 a.m. - 7 p.m.)

Tuesday - Oct. 1  
(Cooperative Extension, 8 a.m. - 7 p.m.)

Wednesday - Oct. 2  
(MedWest Health & Fitness Center, 8 a.m. - 7 p.m.)

Thursday - Oct. 3  
(Waynesville Rec Center, 8 a.m. - 7 p.m., **KICKOFF! 5:30-6:30**)

Friday - Oct. 4  
(The Fitness Connection, 10 a.m. - 4 p.m.)

## 24 visits in 6 Weeks

## All Ages! ONLY \$10

\*CASH OR CHECK

more  
info?

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[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