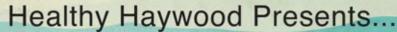
Participating fitness centers and private classes, Healthy Living Action Team, Cornerstone Printing, Haywood County Health Department, Smoky Mountain News, The Mountaineer



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 • Rags 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

mhauser@haywoodnc.net www.healthyhaywood.org HEALTHYHAYWOOD

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