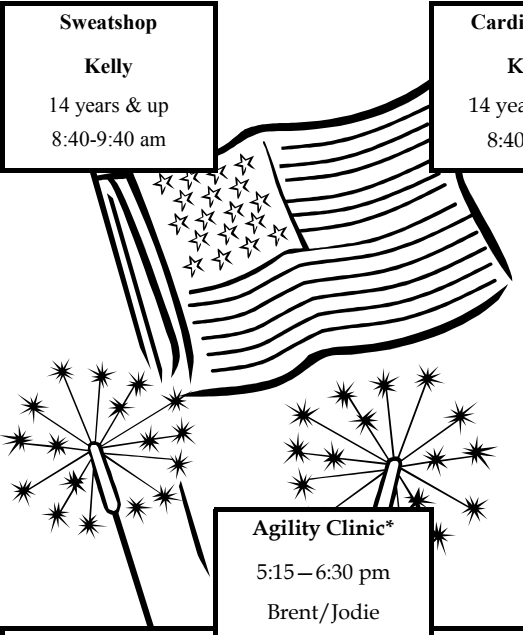


# Haywood Regional Health & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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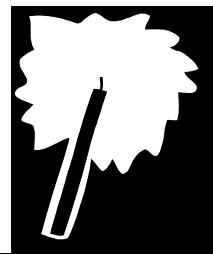


**Sweatshop**  
Kelly  
14 years & up  
8:40-9:40 am

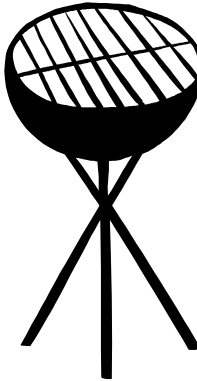
**Cardio Chisel**  
Kelly  
14 years & up  
8:40-10:20

**Tortuga**  
10:00 – 10:30 am  
Melanie  
Gym I-side  
3 – 6 yrs.

**Climbing Wall**  
12:15-1:00  
\*Unsupervised  
6 years & up  
3:30-4:30 pm



**Agility Clinic\***  
5:15 – 6:30 pm  
Brent/Jodie  
Gym  
8 – 13 years



**Volleyball**  
Pick-Up  
14 Years & Up  
4:00-6:45 pm

**Agility Clinic\***  
5:15 – 6:30 pm  
Brent/Jodie  
Gym  
8 – 13 years

**Karate+**  
5:30 – 6:30 pm  
Marshall  
Gym II-side  
8 – 13 years

**Lisa's Power Hour\***  
5:30 – 6:30 pm  
Lisa  
Gym I-side  
8 – 13 yrs.

**Full Court**  
Basketball  
14 Years & Up  
6:30-9:45 pm

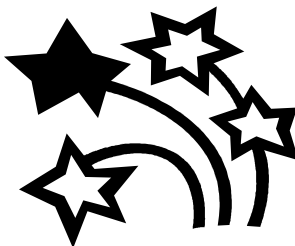
**Volleyball**  
Pick-Up  
14 Years & Up  
7:00-9:45 pm

**Full Court**  
Basketball  
14 Years & Up  
6:45-9:45 pm

# July 2008

## Gymnasium Schedule

At times, the gymnasium will be closed for special events. These dates and times will be posted on the gymnasium door.



(\*) Non-Member Fee  
(+) Member/Non-Member Fee