

Haywood Regional Health & Fitness Center

Gymnasium

The goal of the Fitness Center is to promote healthy lifestyles through various types of activity so participants may enjoy the benefits of cardiovascular and strength conditioning through safe and effective programs for all levels and ages of fitness.

+Karate with Marshall: Give your child the opportunity to gain self-defense maneuvers, improve overall fitness and flexibility, and develop self-confidence, all in one great Tae Kwon Doe curriculum. Instructed by fourth-degree black belt Marshall Hale. *Begins Monday, June 23.* **Member/nonmember monthly fees. Register at the front desk.**

Tortuga Tumblers: A fun-filled, beneficial class for ages 3 to 6 years, incorporating skills such as balance beam, cartwheels, rolls, curl-ups, various dance moves, and more. Great mix of high-energy activity within a developmental environment. Instructed by Melanie Jones. Class begins Saturday, June 21. **Free to Members, \$10 fee per month for Public**

Agility Clinic: Designed for young athletes ages 8 to 13 years. Trainer-led workouts will enhance strength, stamina, speed, and coordination, and are applicable to performance in any sport. Program is progressive, running for six consecutive weeks, and will begin and end with a standardized general fitness test.

Sweatshop: A mid to high level cardio training group fitness class using a mix of cycle, weights, and plyometrics. Guaranteed to give you an excellent morning workout.

Cardio Chisel: A 90 minute, high intensity, heart pumping workout with a mixture of cardio and strength.

Lisa's Power Hour: Join aerobics instructor/personal fitness trainer Lisa Cook for an hour-long melting pot of various fitness-based activities. Itinerary may include everything from kids' yoga and pilates to wall-climbing, to group exercise routines such as stepping and kickboxing. An excellent compliment to the Agility Clinic! *Begins Wednesday, June 25.* **Free to Members, \$15 per month for Public**

Open Climb: The gymnasium will be unsupervised during this time. Parents please stay close to your children and keep safety in mind.

Open Gym: Available any time there is not a specific program scheduled. Ages 8 and up may utilize the gym for recreation purposes (e.g.: practicing free throws, ½ court basketball, volleyball...)

Volleyball: The volleyball net will be set-up for both youth and adult pick-up games.

**At times the curtain will be lowered so two programs can be held simultaneously, or, a program on one side and informal recreation on the other side.
They will be designated as Gym 1 or Gym 2.**