Linwood Crump Shiloh Center

Adult Programs & Activites

Linwood Crump Shiloh Center
121 Shiloh Road, Asheville, NC 28803
tcrudup@ashevillenc.gov
(828) 274-7739

Asheville Parks and Recreation Linwood Crump Shiloh Complex offers a variety of fun classes, activities, and programs. Register at the Center Monday-Friday from 10am – 8pm or online at www.ashevillenc.gov/parks. A Photo ID is required to enter all night programs! For more information about a class or activity, contact Tameka Crudup at 828-274-7739 or email tcrudup@ashevillenc.gov.

Family Zumba Fitness – Ongoing 2nd, 3rd, & 4th Monday of each month from 6:00-7:00 pm
In partnership with Shiloh Community Association, ABIPA, & YMCA; these fitness classes are family friendly and focus on maintaining a healthy weight through fun and exciting moves. Come get your cardio on! FREE

Busy Hands Senior Club - Ongoing Tuesdays from 11:00-1:00 pm
This program provides membership into the North Carolina Association of Senior Citizens Club and innovative activities such as crafts, senior exercise, and senior trips (local & out of town). Join our fellowship and embrace the fun! FREE

Healthy Living Program - Ongoing Wednesdays from 12:00-2:00 pm
In partnership with Shiloh Community Association, ABIPA, & YMCA; these classes focus on the self management of chronic disease and diabetes as well as maintaining a healthy heart and well balanced lifestyle. lunch is included too! FREE

Make Me Over – Ongoing Mondays from 6:00-8:00 pm
Bring your makeup from home and learn makeup 101! Participants will learn the basic concepts of applying makeup more confidently from filling in eyebrows, applying mascara, blending lipsticks, eyeliner, foundation & concealer, and blush! $2 per session!

Adult Fitness Classes – Ongoing Thursdays from 12:00-1:30 pm
In partnership with Shiloh Community Association, ABIPA, & YMCA; these classes focus on maintaining good health and endurance through exercising and educating participants on how to avoid illnesses and diseases. FREE

Line Dancing Classes – Ongoing Thursdays from 6:00-7:00 pm
Please join us to learn line dances both new and old to some of the America's greatest hits…Electric Slide...Cupid Shuffle...Wobble...Cha Cha Slide…Down South Shuffle… Mississippi Muddslide...Cane Wayne Wit It...Step & Stomp...The Brand New Slide; and so much more! Fee: $1.00 per class!

Senior Chair Exercise & Council on Aging – Ongoing Fridays from 11:15 – 1:15 pm
In partnership with Council on Aging we are providing seniors age 65+ the opportunity to increase mobility and strength through innovative chair exercises. Join us also for a healthy meal for a fee of $1.50 donation!

Adult Open Gym – Ongoing Mondays from 5:30-8:00pm and every 3rd Saturday from 12:00-4:00 pm, unless a special event is scheduled- Beginning June 2014. Pickup basketball…first team to hit 12 points wins; game times will be monitored and scores will be kept to ensure that participants have the opportunity to play at least one game. Last game is to 16 points. Participants must be 16+ to enter. FREE

Book Club – Fall/Winter/Spring
Wednesdays from 6:00-7:30pm, beginning in August 2014. Share a moment of company, laughter, fun, and excitement, while exchanging interesting viewpoints pertaining to a variety of enchanting books by different authors. Books will be obtained by participants! FREE

5X5 Indoor Soccer – Fall
Tuesdays from 6-8pm, beginning in August 2014. It takes balls (blame Max) to play indoor soccer, so come on and get competitive as we enjoy this wonderful game! FREE

Asheville
Parks & Recreation
www.ashevillenc.gov/parks
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