

# LINWOOD CRUMP SHILOH CENTER

OPERATING HOURS:  
MON - THURS: 10-8 PM  
FRI - 10-5:30

## ADULT PROGRAMS & ACTIVITIES

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](http://WWW.ASHEVILLENC.GOV/PARKS). A PHOTO ID IS REQUIRED TO ENTER FACILITY DURING OPEN GYM! FOR MORE INFORMATION ABOUT A CLASS OR ACTIVITY, CONTACT TAMEKA CRUDUP AT 828-274-7739 OR EMAIL [TCRUDUP@ASHEVILLENC.GOV](mailto:TCRUDUP@ASHEVILLENC.GOV).

**ZUMBA FITNESS: AUGUST 18TH - DECEMBER 15TH**  
2ND, 3RD, & 4TH MONDAY OF EACH MONTH, 6-7PM.

THESE FITNESS CLASSES WILL FOCUS ON MAINTAINING A HEALTHY WEIGHT THROUGH FUN AND EXCITING MOVES. COME GET YOUR CARDIO ON! FEE: \$5 APPLICATION FEE

**ADULT OPEN GYM: NOVEMBER 3RD - DECEMBER 18TH**  
MONDAYS, 5:30-8PM  
THURSDAYS, 5:30-8PM

PICKUP BASKETBALL...FIRST TEAM TO HIT 12 POINTS WINS; GAME TIMES WILL BE MONITORED AND SCORES WILL BE KEPT TO ENSURE THAT ALL PARTICIPANTS HAVE THE OPPORTUNITY TO PLAY AT LEAST ONE GAME. LAST GAME IS TO 16 POINTS. PARTICIPANTS MUST BE 16+ TO ENTER. FREE

**INDOOR SOCCER OPEN PLAY: NOVEMBER 4TH - DECEMBER 16TH**  
TUESDAYS, 6-8PM

IT'S A BLAST TO PLAY INDOOR SOCCER, SO COME ON AND GET COMPETITIVE AS WE ENJOY THIS WONDERFUL GAME. AGES 16+. FREE

**BUSY HANDS SENIOR CLUB: AUGUST 5TH - DECEMBER 16TH**  
TUESDAYS, 11AM-1PM

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

**B.Y.O.B (BRING YOUR OWN BOOK): SEPTEMBER 17TH - DECEMBER 17TH**  
WEDNESDAYS, 6-7:30PM

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

**HEALTHY LIVING PROGRAM: AUGUST 6TH - DECEMBER 17TH**  
WEDNESDAYS, 12-2PM

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

**ADULT WALKING CLUB: SEPTEMBER 11TH - DECEMBER 18TH**  
THURSDAYS, 8:30-10:30AM

THIS CLUB WILL FOCUS ON MAINTAINING GOOD HEALTH AND ENDURANCE THROUGH A WALKING PACE BENEFICIAL FOR THE PARTICIPANTS TO AVOID ILLNESSES AND DISEASES. FREE

**LINE DANCING CLASSES: AUGUST 7TH - DECEMBER 18TH**  
THURSDAYS, 6-7PM

PLEASE JOIN US TO LEARN LINE DANCES BOTH NEW AND OLD TO SOME OF 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 PER CLASS

**SENIOR CHAIR EXERCISE & COUNCIL ON AGING: AUGUST 1ST - DECEMBER 19TH**  
FRIDAYS, 11:15AM-1:15PM

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 \$1.50 DONATION.



**ASHEVILLE**  
Parks & Recreation



VISIT [HTTP://WWW.ASHEVILLENC.GOV/PARKS](http://WWW.ASHEVILLENC.GOV/PARKS)  
OR CALL 828-253-3714 FOR MORE  
INFORMATION OR TO REGISTER.