Stephens-Lee Recreation Center

Operating Hours
Monday, Wednesday, 9 am-8 pm
Tuesday, Thursday, 9 am-7 pm
Friday, 9 am-5:30 pm
2nd Saturday, 12-4 pm
Closed Sunday

Fall Fitness and Adult Programs

Contact Information
Stephens-Lee Recreation Center
30 George Washington Carver Ave
Asheville, NC 28801
rseymour@ashevillenc.gov
(828) 350-2058

Photo ID required entering building after 5:00 pm

Fitness Center: Ongoing
Cardio equipment, free weights and more.
Individual Annual Passes (Jan-Dec). $80/$5 discount for Asheville residents.
Day passes: $10/$5 discount for Asheville residents.
Ask about discounted Family Passes!

FITNESS

Women Only Workout-Fitness Center: Ongoing
Monday, 5-6pm, FREE

Men Only Workout-Fitness Center: Ongoing
Monday, 6-7pm, FREE

Step Aerobics & Weights: Ongoing
Tuesday & Thursday, 6-7pm, FREE

Pickle Ball: Ongoing
Meets every Monday, Wednesday & Friday from 9-11am & Monday night 6-8pm.
Fun game that combines tennis, ping pong and badminton.
Paddles and balls provided. Fee $1/day

Boxing Circuit Training: 8 week Session beginning September 10th
Wednesdays, 5:30-6:30pm
Get fit through this circuit training class appropriate for all fitness abilities. Move from through multiple stations which will focus on each area of the body. Punching a bag is a great way to gain strength and relieve the stress of the day.
Fee: $5per class

Break Dance Class: Ongoing
Wednesdays, 6-8pm.
Come learn to break dance and get your groove on.
Open to all ages. FREE

Adult Dodgeball League: November 5th - December 17th
Wednesdays, 7-9pm
Teams: 6-10 members, minimum 2 females.
Fee:$125 per team

UPCOMING EVENTS

Haunted Garden: October 31, 2014, 6-9pm, FREE
Fall Festival: November 2014, Date TBD, FREE
Wellness Fair: December 2014, Date TBD, FREE

Asheville Parks & Recreation

Visit http://www.ashevillenc.gov/parks or call 828-259-5800 for more information or to register.