

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

PROGRAMS & ACTIVITIES

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



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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

ASHEVILLE FIT CLUB: ONGOING

TUESDAYS, 6PM

ASHEVILLE FIT CLUB IS A PLACE WHERE WE CAN COME TOGETHER TO CONNECT AND GET HEALTHY AS A COMMUNITY. WE FACILITATE FITNESS CLASSES AND EDUCATE COMMUNITY MEMBERS ON HOW TO EAT, COOK, AND PLAN FOR SUCCESS WITH THEIR NUTRITION. WE HAVE FOUND THAT ACCOUNTABILITY AND SUPPORT ARE KEY TO SUCCESS IN A NEW HEALTHY LIFESTYLE ENDEAVOR.

BOXING CIRCUIT TRAINING: 7 WEEK SESSION BEGINNING SEPTEMBER 17TH

WEDNESDAYS, 5:30-6:30PM

GET FIT THROUGH THIS CIRCUIT TRAINING CLASS APPROPRIATE FOR ALL FITNESS ABILITIES. MOVE 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

UPCOMING EVENTS

COMMUNITY HARVEST: THURSDAY, AUGUST 22ND, 4-5:30, FREE

ADVENTURE CAMP: SEPTEMBER 2014, DATE TBD

FALL FESTIVAL: NOVEMBER 2014, DATE TBD, FREE

WELLNESS FAIR: DECEMBER 2014, DATE TBD, FREE

ASHEVILLE
Parks & Recreation



VISIT [HTTP://WWW.ASHEVILLENC.GOV/PARKS](http://www.ashevillenc.gov/parks)
OR CALL 828-259-5800 FOR MORE
INFORMATION OR TO REGISTER.