

Downtown Asheboro Fitness Walk Program

The Downtown Asheboro Fitness Walk program provides both marked paths and coordinated group walks to encourage Asheboro residents and visitors to develop active lifestyles. The program is sponsored by Asheboro Cultural & Recreation Services.



- **Group Walks**

Meeting at the Asheboro Downtown Farmers' Market – S. Church Street
Mondays - Thursdays ~ 8:30a.m. March-October
Mondays - Thursdays ~ 9:00a.m. November-March
Walk for one hour – approximately three miles

- **Stretch Classes for Seniors** *(Sponsored by the Randolph County Senior Adults Center and the City of Asheboro)*

- **Cardio Fit**

- Senior Center
347 West Salisbury Street, Asheboro
Wednesday ~ 10:15a.m. – 11:00a.m.
East Dining Room (Room #109)

- **Chair Stretch**

- Senior Center
347 West Salisbury Street, Asheboro
Tuesdays & Thursdays ~ 10:15a.m. – 11:00a.m.
East Dining Room (Room #109)

- **Water Stretch Classes for Seniors**

- **Water Aerobics** (Seasonal)

- Memorial Pool
321 Lanier Street Asheboro
June 14 - August 11
Tuesday and Thursday ~ 11:00a.m. -11:50a.m.

- **Matter of Balance Classes** *(Sponsored by the Randolph County Senior Adults Center and the City of Asheboro)*

- A 4-week program designed to help older adults reduce their fear of falling and enhance activity levels.
2015 class dates ~ TBD

- **Walk with Ease** *(Sponsored by the Randolph County Senior Adults Center and the City of Asheboro)*

- A 6-week motivational program offered through the Arthritis Foundation designed for adults who wish to become more active, learn to walk safely and more comfortably, improve flexibility and stamina, and reduce the pain of arthritis.
2015 class dates ~ TBD



Schedules subject to change. For current information on the group walks or for any of the classes, contact Mary Lisk, Active Living Coordinator at 336-336-301-2549 or by email mlisk@ci.asheboro.nc.us.