



*Kenmure*

## **KENMURE FITNESS PROGRAMS AVAILABLE**

For any questions or concerns regarding the fitness center programs, please contact the appropriate program instructor or Josie at 697-9999 Ext. 10. **Clean shoes must be worn in the fitness center.** Minors must be accompanied by an adult. The Fitness Center is closed Sunday mornings 7:30-9:00 am for cleaning.

**YOGA ~ MADONNA BLASUCCI**  
Contact: 954-288-5556

**MASSAGE THERAPY ~ KAREN CASH**  
Certifications Held: Licensed Massage Therapist  
Schedule: By appointment at Fitness Center  
Contact: 828 890-5996 or 828 329-4858. BodyHarmonyC@bellsouth.net

**PERSONAL TRAINER ~ ANGELA VAUGHAN**  
Certifications Held: Interactive Fitness Trainers of America (IFTA), CPR, AED, & First Aid, American Red Cross  
Schedule: By appointment at Fitness Center  
Contact: 828-808-2427 angeladeev@msn.com

**PERSONAL TRAINER ~ JENNIFER LINDBURY ARMSTRONG**  
Certifications Held: Personal Fitness Trainer  
Contact: 828-243-8353 E-Mail: powerfit@skyrunner.net

**AGELESS GRACE ~ DENISE MEDVED**  
Certifications Held: First degree NIA Black Belt Teacher & Trainer  
Contact: 828-696-3060 Denise@AgelessGrace.com

**PILATES & DANCE FOR FITNESS ~ SANDI MILLER**  
Certifications Held: Certified Pilates Instructor  
Contact: 828-329-2721

**WATER AEROBICS** (Member-Instructed)  
Schedule: Monday-Thursday at 8:30am-9:30am, in the Indoor Pool.  
Tuesday & Thursday afternoon.

**LAP SWIMMING** (Independent)  
Schedule: Monday-Friday at 10:00am-11:00am ~ Indoor Pool

**OPEN SWIM TIME - INDOOR POOL** - 11:00 am - 10:00 pm weekdays, and 5:00 am to 10:00 pm Saturday and Sunday. Please do not take the towels provided out of the pool building. No lifeguard on duty--swim at your own risk. Minors must be accompanied by an adult.

**OPEN SWIM TIME - OUTDOOR POOL** - Open seasonally Memorial Weekend through Labor Day Weekend. Open swim time 10:00 am - 7:00 pm. Subject to change. No lifeguard on duty--swim at your own risk. Minors must be accompanied by an adult.