



EXERCISE in Rutherford County

www.MyRutherfordRegional.com/Exercise

This document compiled and maintained by RUTHERFORD REGIONAL HEALTH SYSTEM

To be included or to change/update information, please email: community@rutherfordregional.com

Facility	Address	Phone	Website	Hours	Fee	Type
CYCLING						
R.O.C. Rutherford Outdoor Coalition	PO Box 1349, Rutherfordton 28139	(828) 447-1590	www.rutherfordoutdoor.org	Open	\$20/year Individual (optional) \$35/year Family (optional)	Group cycling rides, training camps and events
Rumbling Bald Resort	112 Mountains Blvd, Lake Lure, 28746	(800) 260-1040 (828) 694-3005	www.rumblingbald.com	Open	FREE with own bike (bike rentals to begin in Spring)	Biking
DANCE						
Dancin' Stars Studio	589 S. Main St, Rutherfordton 28139	(828) 287-4449	www.dancinstarsstudio.com visit Facebook page	Call for schedule	Call for fee information	Call for available classes
Dream Weavers Dance Studio	149 W. Trade St., Forest City, 28043	(828) 247-1900	visit Facebook page	Call for schedule	Call for fee information	
Isothermal Community College	ICC Loop, Spindale, 28160	(828) 395-1405 (828) 286-3636	www.isothermal.edu	Call for schedule	Call for fee information	Zumba & others
Little Broadway Studio	2270 US Hwy 74/Tri-City Mall, Forest City 28043	(828) 245-1214	www.littlebroadwaystudiofc.com	Call for schedule	Call for fee information	

Zumba 64	3870 US 64, Rutherfordton 28139	828-429-7031	www.zumbaon64.com	M,T,Th 6p	\$5 per class Wkly & monthly passes available	Zumba
FITNESS						
Bodymasters Fitness Center	320 S. Oak St., Spindale, 28160	828-287-5720		Call for info	Call for info	Call for info
Callison Recreation Center	217 Clay St., Forest City, 28043	828-248-5220	www.townofforestcity.com	8a-5p	\$10 mo.-gym	Weight Room, 1:1 Personal Training & Group Fitness, Indoor Walking (Gym), Youth & Adult Ball Leagues
Changing Lives Fitness Clinic	307 E. Main St., Spindale, 28160	828-248-2103	www.changinglivesfitness.com	M-Th 5a- 6p Fri. 8a- 12p	\$140 mo. (2 sessions per wk)	1:1 Personal Training
EdgeFIT	199 N. Main St Rutherfordton 28139	828-287-9899	www.edgefitonline.com crossfitwideopen.com	Weekday s 6a-7p Saturday 9a-1p	Call for appt. & fee information	1:1 Personal Training & Group Fitness
Fitness Connection	859 W. Main St., Forest City 28043	828-245-2557	visit FaceBook page	24/7	\$20 mo. if you mention you are associated w/ RRHS-no contract	Workout Gym & 1:1 Personal Training
Impact Fitness	121 Cherry Mountain St., Forest City, 28043	828-447-7225	visit FaceBook page	M-F By Appt. Only	\$160 for 8 private sessions \$120 for 8 group sessions	1:1 Personal Training, Group Training & Brazilian Jujitsu

LifeStyle Wellness & Spa	247 Oak St., Forest City, 28043	828-248-2947	www.lifestylewellness&spa	M-Th 4:30a-9p Fri. 4:30a-8p Sat. 8a- 2p	\$19.99 mo.- Fitness only \$39.99 mo. Fitness, pool & classes	Workout Gym, 1:1 Personal Training, Pool, Classes: Water Aerobics, Aqua Zumba, Yoga, Spinning, Zumba, Silver Sneakers, Cardio Express, Centergy (yoga/pilates), Bolates, Group Power, Interval Training
Matthew's Gym	201 Oak St., Forest City, 28043	828-382-0284	visit FaceBook page	24/7	\$20 ... 1st mo./\$25 mo.- no contract	workout gym & 1:1 personal training
Rutherford County Senior Center	193 Callahan- Koone Rd, Spindale, 28160	828-287-6409	www.rutherfordcountync.gov	Mon. 7:30a-5p Tue-Fri. 8:30a-5p	No fee, but membership required; Must be at least 55 years of age.	55 years of age and older: Workout Room, Dance Classes, Aerobics; Senior Games each Spring
Rutherford Regional Health System Cardio Pulmonary Rehab	288 S. Ridgecrest Ave, Rutherfordton	828-286-5053	www.myutherfordregional.com	M-Th 6a- 4:30p and Fri. 6a- 2:30p	Insurance billed-Phase 2 patients \$40.50 mo.- Phase 4 patients	Outpatient services for heart/stroke patients: workout room, nutrition counseling, medical. Must have physician authorization.
Spindale House	131 Tanner St., Spindale, 28160	828-286-3716			FREE	Basketball, volleyball, gym, tennis

GOLF

Dogwood Valley Golf Course	328 Dogwood Valley Rd., Forest City, 28043	828-657-6214	visit FaceBook page	Open Daily	\$12-\$18- wkdays \$16-\$22- wkends	Golf
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Forest City Municipal Golf Course	211 Clay St., Forest City, 28043	828-248-5222	www.townofforestcity.com	Open Daily	\$18-\$22- weekdays \$18-\$27- weekends	Golf
Lake Lure Golf Club	658 Memorial Hwy., Lake Lure, 28746	828-625-4472	LakeLureGolf@aol.com	Open Daily	Seasonal rates vary	Golf (9 Holes)
Meadowbrook Golf Club	Meadowbrook Rd. Rutherfordton 28139	828-863-2690	www.meadowbrookgolfclub.com	Open Daily	\$25-\$36; Senior Discount Available	Golf
Rumbling Bald Resort Bald Mountain Golf Course	112 Mountains Blvd, Lake Lure, 28746	828-694-3042	www.rumblingbald.com	Open Daily	Seasonal rates vary	Golf
Rumbling Bald Resort Apple Valley Golf Course	112 Mountains Blvd, Lake Lure, 28746	828-694-3043	www.rumblingbald.com	Open Daily	Seasonal rates vary	Golf
Rutherfordton Golf Club	191 Twitty Ford Rd., Rutherfordton 28139	828-287-3406	www.rutherfordton.net	Open Daily	\$22-\$25 \$18-\$25 Seniors	Golf (9 Holes)
Isothermal Community College	ICC Loop, Spindale, 28160	828-395-4196	www.isothermal.edu	Call for schedule	FREE	Disc Golf
South Mountains Christian Camp	1129 South Mountain Road, Bostic	828-245-3322	www.southmountainchristiancamp.org	Open Daily	\$2	Disc Golf

GYMNASTICS

IGA: Isothermal Gymnastics Academy	340 Industrial Park Road, Rutherfordton, NC 28139	(828) 288-3547	www.igaadventurecenter.com	Call for schedule	Varies depending on class. Call or visit website for rates	Gymnastics, Cheerleading, Skill Clinics
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MARTIAL ARTS

Ray Rice Martial Arts	140 W. Main St., Forest City, 28043	(828) 245-5792	visit FaceBook page	M-F 5p-9p	Varies	Mixed Martial Arts-Group & 1:1 training
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PARKS, HIKING & WALKING

Charles Summey Park	Forest City Dunbar School	(828) 248-5220	www.townofforestcity.com	Open	FREE	Rubberized Outdoor Walking Track, sidewalks, trail
Frank West Park	366 Boss Moore Rd, Cliffside 28024			Open	FREE	Tennis Courts, Ball Fields, playground
Chimney Rock State Park - Chimney Rock	431 Main St., Chimney Rock, 28720	(800) 277-9611 (828) 625-9611	visit@chimneyrockpark.com info@foxmountainguides.com	Seasonal hours vary	Hiking: \$6-\$15 Rock Climbing-call for rates	Hiking, Rock Climbing
Chimney Rock State Park - Rumbling Bald	827 Boys Camp, Lake Lure, NC 28746	(828) 625-1823	http://www.ncparks.gov/Visit/parks/chro/main.php	Open	FREE	3/4 mile trail
Crestview Park	Parkway Dr., Rutherfordton 28139	828-287-3520	www.rutherfordton.net	Open	Walking Trail-FREE	Lighted walking trail, tennis, basketball courts, softball and baseball fields & horseshoe pits
Crowe Park	Cherry Mountain St., Forest City, 28043	828-248-5220	www.townofforestcity.com	Open	Walking-FREE	Walking, ball fields
Donald Ross Nature Trail Park	Hwy 9, Lake Lure, 28746	828-625-9983	www.townoflakelure.com	Open	FREE	3.5 miles of natural surface walking trails
Buffalo Creek Park	2191 Buffalo Creek Road, Lake Lure, NC 28746	828-625-9983	www.townoflakelure.com	Open	FREE	5-mile multi-use trail

Honeysuckle Park	Hwy 120, Cliffside 28024			Open	FREE	Walking, Ballfields, playground
Isothermal Community College	Spindale, 28160	828-395-1405 828-286-3636 828-447-1590	www.isothermal.edu www.rutherfordoutdoor.org	Open	FREE	Walking Trails and Disk Golf
Middle & High School tracks				Open	FREE	Walking Tracks
Rutherford Outdoor Coalition	PO Box 1349, Rutherfordton 28139	828-447-1590	www.rutherfordoutdoor.org	Open	\$20 yr- Individual (optional) \$35 yr-Family (optional)	Running, walking, Hiking, Trail volunteers
Rutherford County Walking Trail	Spindale, 28160		www.rpmhd.org	Open	FREE	1/2 mile walking trail and exercise stations. 2 main entrances: Coop. Ext./Senior Center & Health Dept.
Rumbling Bald Resort	112 Mountains Blvd, Lake Lure, 28746	1-800-260- 1040 828-694- 3005	www.rumblingbald.com	Open	FREE	Fitness Trails: Hiking, Walking
Rutherford Regional Health System OneSource Rehab – “All Walks of Life” walking support group	2270 US Hwy 74A, Suite 341, Forest City, 28043	828-247-1588	www.myutherfordregional.com/ OneSource	Monday, Wednesd ay and Friday: 10 a.m. - 11 a.m.	Call for additional details	Must have physician authorization.
Spindale House	131 Tanner St., Spindale, 28160	828-286-3716	www.spindalenc.net	M-F 6:30a- 10a ... Organize d Indoor Walking Time	FREE	Indoor Walking

Thermal Belt Rail Trail	Spindale to Gilkey	828-447-1590	www.rutherfordoutdoor.org		FREE	8-mile long crushed gravel trail for walking and biking
Town Center Walkway & Lake Lure Flowering Bridge	Memorial Hwy, Lake Lure	828-625-9983	www.townoflakelure.com		FREE	Brick pathway and boardwalk
Morse Park & Garden	Memorial Hwy, Lake Lure	828-625-9983	www.townoflakelure.com		FREE	Natural Surface walking trails
LifeStyle Wellness & Spa	247 Oak St., Forest City, 28043	828-248-2947	www.lifestylewellness&spa		FREE	1/5th mile paved walking path
Rocky Broad River Walk	Chimney Rock Village				FREE	Pathways along river

RESORTS: (Must be a homeowner or rental guest)

Rumbling Bald Resort	112 Mountains Blvd, Lake Lure, 28746	800-260-1040 or 694-3000	www.rumblingbald.com	Seasonal times vary	Seasonal rates vary	Swimming, Tennis, Kayak, Canoe, Pedal Boat, Paddle Board
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ROCK CLIMBING & Ziplines

Boulderline Adventure Programs, LLC	456 Boland Dr., Lake Lure, 28746	828-625-4913	www.boulderline.com	Seasonal hours	Call for fee information	32" Climbing Tower & Ziplines
Canopy Ridge Farm	7115 US Hwy 64/74A, Lake Lure, 28746	828-625-4500	www.canopyridgefarm.com	Spring, Summer, Fall	\$45-Children \$60-Adults	Zipline

SWIMMING & WATERSPORTS

Callison Recreation Center	217 Clay St., Forest City, 28043	828-248-5220	www.townofforestcity.com		\$2-\$5 & seasonal membership available	Pool
Canopy Ridge Farm	7115 US Hwy 64/74A, Lake Lure, 28746	828-625-4500	www.canopyridgefarm.com	Spring, Summer, Fall	\$35-Children \$40-Adults	Kayaking, Zipline

Isothermal Community College	Spindale, 28160	828-395-1405	www.isothermal.edu	Call for schedule	Call for fee information	Pool & Water Aerobics
Lake Lure Adventure Company	470 Memorial Hwy, Lake Lure 28746	828-625-8066	www.lakelureadventurecompany.com	Seasonal hours vary	Call for fee information	Swim, Fishing Waterskiing, Kneeboarding,
Rutherford Outdoor Coalition	PO Box 1349, Rutherfordton 28139	828-447-1590	www.rutherfordoutdoor.org	Open	\$20 yr-Individual (optional) \$35 yr-Family (optional)	Paddling, Broad River Paddle Trail
Rutherford Regional Health Aquatic Rehabilitation at OneSource Rehab	2270 US Hwy 74A, Suite 341, Forest City, 28043	828-247-1588	www.myrutherfordregional.com/OneSource	Call for schedule	Call for additional information	Pool and water rehabilitation and exercise in group settings, including Ai Chi and Pool Circuit

TENNIS

Callison Recreation Center	217 Clay St., Forest City, 28043	828-248-5220	www.townofforestcity.com	Open	FREE	Tennis-lighted
Charles B. Deviney Park	217 Greer St., Spindale 28160	828-286-3716	www.spindalenc.net	Open	FREE	Tennis
Crestview Park	Parkway Dr., Rutherfordton 28139	828-287-3520	www.rutherfordton.net	Open	FREE	Tennis-lighted
Spindale House	131 Tanner St., Spindale, 28160	828-286-3716	www.spindalenc.net	Open	FREE	Tennis

TOWN RECREATION CENTERS

Spindale House	131 Tanner St., Spindale, 28160	828-286-3716		8a-5p M-F	FREE Fee for league ball	Workout Room, Indoor Walking (Gym), Tennis, Basketball (Free Play), Youth & Adult Ball Leagues
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Callison Recreation Center	217 Clay St., Forest City, 28043	828-248-5220	www.townofforestcity.com	Call for specific times and fees	\$10 mo.-gym \$2-\$5/seasonal membership available-pool \$20-\$25-camps	Pool, Tennis, Golf, Weight Room, 1:1 Personal Training & Group Fitness, Youth & Adult Ball Leagues, Youth Summer Camps
YOGA & Tai Chi Chih						
Isothermal Community College	Spindale, 28160	828-395-1405 828-286-3636	www.isothermal.edu	Call for schedule	Call for fee information	Yoga & Tai Chi Chih
Foothills Yoga - Magi King	Tanner Companies, Fashion Circle, Rutherfordton 28139	88-287-5263	www.foothillsyoga.com	Call for schedule	Call for fee information	Yoga & Tai Chi Chih