

# Cary's Adult Fitness Opportunities

# MAY



For more details on our classes and programs, call the facility number listed, or pick up the PRCR brochure at any Town facility.

## ACTIVITIES FOR A HEALTHY LIFESTYLE AT CARY ARTS CENTER

For more info, (919) 469-4069.

**Copper Enameling Workshop (age 15 & up)**  
Thu & Fri, May 3 & 4, 7-9 p.m.

**Pottery Wheel Exploration (age 16 & up)**  
Mon-Fri, May 7-11, 9 a.m.-noon.

**Color Mixing: Water Soluble Oils or Traditional Oils (age 16 & up)**  
Tue, May 15-29, 1-3:30 p.m.

**More Watercolor-Painting Birds (age 16 & up)**  
Tue, May 15-29, 9:30 a.m.-noon.

## AQUATICS PROGRAMS

For more info, (919) 460-4965.

*Residents outside of Cary should contact Triangle Aquatic Center at (919) 459-4045 for registration information. All classes will be held at the Triangle Aquatic Center.*

**Aqua Fit (age 18 & up)**  
Tue & Thu, May 1-24, 8-9 a.m.

**Aqua Senior (age 55 & up)**  
Tue & Thu, May 1-24, 9-10 a.m.

**Aqua Pilates (age 18 & up)**  
Tue & Thu, May 31-Jun 26, 7-8 p.m.

## FRED G. BOND METRO PARK

For more info, (919) 469-4100.

**Basic Kayaking**  
Sat, May 5, 9 a.m.-noon

**Sailing**  
Sun, May 6, 1-6 p.m.

**Basic Orienteering**  
Sat, May 12, 10 a.m.-noon

**Basic Canoeing**  
Sat, May 20, 1-5 p.m.

**Canoeing for Seniors (55 & up)**  
Mon-Tue, May 21-22, 10 a.m.-noon

## CARY SENIOR CENTER (Ages 55+)

For more info, (919) 469-4081.

**Ballroom Dance Party NEW!**  
Tue, May 1, 5:30-7 p.m.

**Core & More**  
Wed & Fri, May 2-25  
10-10:45 a.m. (W) & 10:15-11 a.m. (F)

**Weight Training**  
Mon & Wed, May 2-30, 9-9:45 a.m.

**Beginning Bronze Cha Cha**  
Tue, May 8-19, 5-6 p.m.

**Advanced Bronze Salsa**  
Tue, May 8-29, 6-7 p.m.

**You Can Do It**  
Tue & Thu, May 15-31, 11-11:50 a.m.

**Balance Strength & Stability**  
Tue & Thu, May 15-31, noon-12:50 p.m.

## MIDDLE CREEK COMMUNITY CENTER

For more info, (919) 771-1295.

**Adult Recreational Fencing**  
Fri, May 18-Jun 29, 7-8 p.m.

## SPORTS OPPORTUNITIES

For more info, (919) 469-4062.

**Sports Spotlight @** [www.townofcary.org](http://www.townofcary.org)  
Parks, Recreation and Cultural Resources  
Page Select "Sports"



**TOWN of CARY**  
PARKS, RECREATION  
& CULTURAL RESOURCES  
[www.townofcary.org](http://www.townofcary.org)

The Fitness & Wellness passes allow you to choose classes to accommodate your lifestyle. For more information on the Fitness Pass or Wellness Pass, please call (919) 462-3970.



## BOND PARK COMMUNITY CENTER

For more info, (919) 462-3970.

**Yoga, All Levels**  
Thu, May 3-31, 6:30-8 p.m.

**Salsa & Latin Dance Party**  
Fri, May 4, 7-9 p.m.

**Walking for Wellness FREE**  
Tue & Thu, 9-10:30 a.m.

**Drop-In Country Dance**  
Tue, 6:45-8:45 p.m.

**Personal Fitness Training**  
To schedule a session, call Bond Park Community Center, (919) 462-3970.

## STEVENS NATURE CENTER

For more info, (919) 387-5980.

**Yoga in Nature (16 & up)**  
Sat, May 5, 9:30 a.m.-11 a.m.

## HERBERT C. YOUNG COMMUNITY CENTER

For more info, (919) 460-4965.

**Gentle Yoga (age 55+)**  
Tue, May 1-29, 1-1:50 p.m.

**Ninjutsu Martial Training (age 11 & up)**  
Tue & Thu, May 1-31, 6:30-8 p.m.

**Off the Hook (age 16 & up)**  
Tue, May 15, 6:30-9:30 p.m.

**Salute to Sushi (age 16 & up)**  
Thu, May 17, 6:30-9:30 p.m.