

Cary's Adult Fitness Opportunities

JANUARY

HERBERT C. YOUNG COMMUNITY CENTER (919) 460-4965

Cardio Fit

Tue & Thu, Jan 10-Feb 9 | 9:30-10:30 a.m.

Seniors in Motion (age 55 & up)

Tue & Thu, Jan 10-Feb 9 | 10:45-11:30 a.m.

Mat Pilates

Tue, Jan 10-Feb 28 | 6-7 p.m.

Yoga for Total Wellness

Sat, Jan 14-Feb 18 | 9:15-10:30 a.m.

Body Blast

Mon & Wed, Jan 23-Feb 15 | 6-7 p.m.

Muscle Max: Ripped Core

Mon & Wed, Jan 23-Feb 15 | 7:05-7:50 p.m.

BOND PARK COMMUNITY CENTER (919) 462-3970

Walking for Wellness and Fun- FREE!

Mon-Fri, Jan 3-Jun 2 | 12-1 p.m.

Tang Soo Do

Thu, Jan 5-26 | 6:30-7:30 p.m.

Yoga: All Levels

Tue, Jan 10-Feb 28 | 9:30-10:30 a.m.

Thu, Jan 12-Mar 2 | 6:30-7:30 p.m.

Ballet Fusion

Tue, Jan 10-Feb 28 | 10:30-11:30 a.m.

Pickleball Clinic

Tue, Jan 10 | 2-4 p.m.

Cardio Combo

Tue & Thu, Jan 10-Mar 2 | 6:15-7 p.m.

Total Body Conditioning

Tue & Thu, Jan 10-Mar 2 | 7:15-8 p.m.

Body Sculpt

Thu, Jan 12-Mar 2 | 9:30-10:30 a.m.

Kickboxing

Thu, Jan 12-Mar 2 | 12-1 p.m.

Yin Yoga for Deep Relaxation & Healing

Thu, Jan 12-Mar 2 | 5:15-6:15 p.m.

Pound. Rockout. Workout.

Wed, Jan 18-Feb 22 | 7:15-8 p.m.

Ballet Barre Workout

Thu, Jan 19-Feb 16 | 1-2 p.m.

Sat, Jan 21-Feb 11 | 2-3 p.m.

Beginner Ballroom Smooth

Fri, Jan 20-Feb 24 | 7:15-8:30 p.m.

Zumba

Mon, Jan 23-Feb 27 | 6-7 p.m.

CARY ARTS CENTER (919) 469-4069

Fairy Houses

Thu, Jan 5-19 | 7-9:30 p.m.

Intro to Mosaics

Wed, Jan 11-Feb 15 | 6-9 p.m.

Painting Ice and Snow!

Tue, Jan 17-31 | 9:30 a.m.-noon

Intro to Drawing

Tue & Thu, Jan 17-26 | 7-9:30 p.m.

Beginning Embroidery

Sun, Jan 22 | 1:30-3 p.m.

Pastel Painting: Beginning

Wed, Jan 25-Feb 22 | 9:30 a.m.-12:30 p.m.

Beginning Lathe-Basics

Wed, Jan 25-Feb 8 | 6:30-9:30 p.m.

Begin to Sew

Wed, Jan 25-Feb 1 | 7-9 p.m.

Garment Sewing Basics

Mon-Tue, Jan 30-31 | 6-9 p.m.

MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

Adult Beginning Fencing

Thu, Jan 5-Feb 23 | 7:15-8:15 p.m.

Adult Recreational Fencing

Fri, Jan 6-Feb 24 | 5:30-7 p.m.

50/50

Mon, Jan 9-Feb 13 | 1-2 p.m.

Functional Fitness for Seniors (55 & up)

Mon & Wed, Jan 9-Feb 15 | 2:15-3:15 p.m.

Yin Yoga

Tue, Jan 10-Feb 14 | 10:30-11:30 a.m.

Barre

Wed, Jan 11-Feb 15 | 1-2 p.m.

Senior Archery (55 & up)

Wed, Jan 11-Feb 15 | 3-4 p.m.

Senior Country Heat

Thu, Jan 12-Feb 16 | 11-11:50 a.m.

Vinyasa Yoga

Mon, Jan 13-Feb 17 | 1:45-2:45 p.m.

Adult Multi-Sport Conditioning

Fri, Jan 13-Feb 17 | 5-5:45 p.m.

DanceIT

Tue & Thu, Jan 17-Mar 16 | 7:15-8:15 p.m.

CARY SENIOR CENTER (919) 469-4081

Gentle Yoga

Tue, Jan 3-Feb 7 | 10-10:50 a.m.

Thu, Jan 5-Feb 9 | 10-10:50 a.m.

Parkinson's Fitness Program

Tue, Jan 10-Feb 7 | 4:15-5:15 p.m.

Yoga Stretch

Wed, Jan 11-Feb 15 | 10-10:45 a.m.

Fri, Jan 13-Feb 17 | 12-12:45 p.m.

Pilates Stretch

Fri, Jan 13-Feb 17 | 10:15-11 a.m.

Healing Meditation

Thu, Jan 19-Mar 16 | 2-2:50 p.m.

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.

