

# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
<b>1</b>  <b>CLOSED</b>  <b>New Year's Day</b>	<b>2</b> <b>Country Heat Live! (18+)</b> 9:30-10:30 a.m. <b>Meditation 101 (16+)</b> 4:30-5:15 p.m. <b>Pilates Barre (18+)</b> 6-7 p.m. <b>Mat Pilates (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Zumba Toning (18+)</b> 7-8 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>Martial Arts (11+)</b> 7:15-8:45 p.m.	<b>3</b> <b>Yoga Sculpt (18+)</b> 9:30-10:30 a.m. <b>Bridge (18+)</b> 10 a.m.-1 p.m. <b>Line Dancing (18+)</b> 1:10-2:10 p.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Yin Yoga (16+)</b> 4:30-5:30 p.m. <b>Boxing (18+)</b> 6-7 p.m. <b>Body Blast (16+)</b> 6-7 p.m. <b>Tang Soo Do (4+)</b> 6:30-7:30 p.m. <b>Zumba (16+)</b> 6:30-7:30 p.m. <b>Muscle Max (16+)</b> 7-7:40 p.m. <b>Pound. Rockout. Workout. (16+)</b> 7:30-8:15 p.m.	<b>4</b> <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat (55+)</b> 10-11 a.m. <b>Bridge (18+)</b> 10 a.m.-1 p.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>Yin Yoga (16+)</b> 5:15-6:15 p.m. <b>Yoga Sculpt (18+)</b> 6-7 p.m. <b>Stretch Yoga (16+)</b> 6-7 p.m. <b>Zumba (18+)</b> 6-7 p.m. <b>Yoga-All Levels (16+)</b> 6:30-7:30 p.m. <b>DanceIT (15+)</b> 7:15-8:15 p.m.	<b>5</b> <b>DanceIT (15+)</b> 9:30-10:30 a.m. <b>Zumba (16+)</b> 5:30-6:30 p.m.
<b>New Year, New You-Fitness Kick Off</b> <b>Free Demos of Adult Fitness Classes Tue-Sat Jan 2-6 Only!</b>				
<b>8</b> <b>Nia Technique</b> 10-10:50 a.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Fitness Boxing (18+)</b> 6-7 p.m. <b>Zumba (16+)</b> 6:30-7:30 p.m.	<b>9</b> <b>Yoga-All Levels</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat Live! (18+)</b> 9:30-10:30 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>You Can Do It (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Pilates Barre (18+)</b> 6-7 p.m. <b>Mat Pilates (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Total Body (16+)</b> 7:15-8 p.m.	<b>10</b> <b>Yoga Sculpt (18+)</b> 9:30-10:30 a.m. <b>Line Dancing (18+)</b> 1:10-2:10 p.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Nia Technique (55+)</b> 5:30-6:20 p.m. <b>Fitness Boxing (18+)</b> 6-7 p.m. <b>Body Blast (16+)</b> 6-7 p.m. <b>Muscle Max (16+)</b> 7-7:40 p.m. <b>Pound. Rockout. Workout. (16+)</b> 7:30-8:15 p.m.	<b>11</b> <b>Body Sculpt (16+)</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat (55+)</b> 10-11 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>Weight Training (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Get Fit While You Sit! (55+)</b> 1-1:50 p.m. <b>Yin Yoga (16+)</b> 5:15-6:15 p.m. <b>Yoga Sculpt (18+)</b> 6-7 p.m. <b>Stretch Yoga (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Yoga-All Levels (16+)</b> 6:30-7:30 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>Drop-In Zumba (18+)</b> 7:15-8:15 p.m.	<b>12</b> <b>You Can Do It</b> 11:05-11:50 a.m. <b>Zumba (16+)</b> 5:30-6:30 p.m.
<b>15</b>  <b>CLOSED</b>  <b>Martin Luther King Holiday</b>	<b>16</b> <b>Yoga-All Levels (16+)</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat Live! (18+)</b> 9:30-10:30 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>You Can Do It (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Pilates Barre (18+)</b> 6-7 p.m. <b>Mat Pilates (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>DanceIT (15+)</b> 7:15-8:15 p.m.	<b>17</b> <b>Yoga Sculpt (18+)</b> 9:30-10:30 a.m. <b>Line Dancing (18+)</b> 1:10-2:10 p.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Nia Technique (55+)</b> 5:30-6:20 p.m. <b>Fitness Boxing (18+)</b> 6-7 p.m. <b>Body Blast (16+)</b> 6-7 p.m. <b>Muscle Max (16+)</b> 7-7:40 p.m. <b>Pound. Rockout. Workout. (16+)</b> 7:30-8:15 p.m.	<b>18</b> <b>Body Sculpt (16+)</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat (55+)</b> 10-11 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>Weight Training (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Get Fit While You Sit! (55+)</b> 1-1:50 p.m. <b>Yin Yoga (16+)</b> 5:15-6:15 p.m. <b>Yoga Sculpt (18+)</b> 6-7 p.m. <b>Stretch Yoga (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Yoga-All Levels (16+)</b> 6:30-7:30 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>Drop-In Zumba (18+)</b> 7:15-8:15 p.m. <b>DanceIT (15+)</b> 7:15-8:15 p.m.	<b>19</b> <b>DanceIT (15+)</b> 9:30-10:13 a.m. <b>You Can Do It (55+)</b> 11:05-11:50 a.m. <b>Zumba (16+)</b> 5:30-6:30 p.m.
<b>22</b> <b>DanceIT (15+)</b> 9:30-10:13 a.m. <b>Nia Technique (55+)</b> 10-10:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 1-1:50 p.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Yin Yoga (16+)</b> 4:30-5:30 p.m. <b>Fitness Boxing (18+)</b> 6-7 p.m. <b>Body Blast (16+)</b> 6-7 p.m. <b>Zumba (16+)</b> 6:30-7:30 p.m. <b>Muscle Max (16+)</b> 7-7:40 p.m.	<b>23</b> <b>Yoga-All Levels (16+)</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat Live! (18+)</b> 9:30-10:30 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>You Can Do It (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Meditation 101 (16+)</b> 4:30-5:15 p.m.  <b>Pilates Barre (18+)</b> 6-7 p.m. <b>Mat Pilates (16+)</b> 6-7 p.m.  <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>DanceIT (15+)</b> 7:15-8:15 p.m.	<b>24</b> <b>Yoga Sculpt (18+)</b> 9:30-10:30 a.m. <b>Line Dancing (18+)</b> 1:10-2:10 p.m. <b>Functional Fitness (55+)</b> 2:15-3:15 p.m. <b>Nia Technique (55+)</b> 5:30-6:20 p.m. <b>Fitness Boxing (18+)</b> 6-7 p.m. <b>Pound. Rockout. Workout. (16+)</b> 7:30-8:15 p.m.	<b>25</b> <b>Body Sculpt (16+)</b> 9:30-10:30 a.m. <b>Cardio Fit (16+)</b> 9:30-10:30 a.m. <b>Country Heat (55+)</b> 10-11 a.m. <b>Seniors in Motion (55+)</b> 10:45-11:30 a.m. <b>Weight Training (55+)</b> 11-11:50 a.m. <b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m. <b>Get Fit While You Sit! (55+)</b> 1-1:50 p.m. <b>Chair Zumba (55+)</b> 2-2:50 p.m. <b>Yin Yoga (16+)</b> 5:15-6:15 p.m. <b>Yoga Sculpt (18+)</b> 6-7 p.m. <b>Stretch Yoga (16+)</b> 6-7 p.m. <b>Cardio Vive (16+)</b> 6:15-7 p.m. <b>Yoga-All Levels (16+)</b> 6:30-7:30 p.m. <b>Total Body (16+)</b> 7:15-8 p.m. <b>Drop-In Zumba (18+)</b> 7:15-8:15 p.m. <b>DanceIT (15+)</b> 7:15-8:15 p.m.	<b>26</b> <b>DanceIT (15+)</b> 9:30-10:13 a.m. <b>You Can Do It (55+)</b> 11:05-11:50 a.m. <b>Zumba (16+)</b> 5:30-6:30 p.m.
				<b>27</b> <b>Ballet Barre Workout (16+)</b> 3-4 p.m.



# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
<p><b>29</b></p> <p><b>DanceIT (15+)</b> 9:30-10:13 a.m.</p> <p><b>Nia Technique (55+)</b> 10-10:50 a.m.</p> <p><b>Stretch, Flex &amp; Balance (55+)</b> 1-1:50 p.m.</p> <p><b>Functional Fitness (55+)</b> 2:15-3:15 p.m.</p> <p><b>Yin Yoga (16+)</b> 4:30-5:30 p.m.</p> <p><b>Fitness Boxing (18+)</b> 6-7 p.m.</p> <p><b>Zumba (16+)</b> 6-7 p.m.</p> <p><b>Body Blast (16+)</b> 6-7 p.m.</p> <p><b>Muscle Max (16+)</b> 7-7:40 p.m.</p>	<p><b>30</b></p> <p><b>Yoga-All Levels (16+)</b> 9:30-10:30 a.m.</p> <p><b>Cardio Fit (16+)</b> 9:30-10:30 a.m.</p> <p><b>Country Heat Live! (18+)</b> 9:30-10:30 a.m.</p> <p><b>Seniors in Motion (55+)</b> 10:45-11:30 a.m.</p> <p><b>You Can Do It (55+)</b> 11-11:50 a.m.</p> <p><b>Stretch, Flex &amp; Balance (55+)</b> 12-12:50 p.m.</p> <p><b>Meditation 101 (16+)</b> 4:30-5:15 p.m.</p> <p><b>Pilates Barre (18+)</b> 6-7 p.m.</p> <p><b>Mat Pilates (16+)</b> 6-7 p.m.</p> <p><b>Cardio Vive (16+)</b> 6:15-7 p.m.</p> <p><b>Total Body (16+)</b> 7:15-8 p.m.</p> <p><b>DanceIT (15+)</b> 7:15-8:15 p.m.</p>	<p><b>31</b></p> <p><b>Yoga Sculpt (18+)</b> 9:30-10:30 a.m.</p> <p><b>Line Dancing (18+)</b> 1:10-2:10 p.m.</p> <p><b>Functional Fitness (55+)</b> 2:15-3:15 p.m.</p> <p><b>Nia Technique (55+)</b> 5:30-6:20 p.m.</p> <p><b>Fitness Boxing (18+)</b> 6-7 p.m.</p> <p><b>Body Blast (16+)</b> 6-7 p.m.</p> <p><b>Muscle Max (16+)</b> 7-7:40 p.m.</p> <p><b>Pound. Rockout. Workout. (16+)</b> 7:30-8:15 p.m.</p>	<p>Register for the full program or drop in for one class (rates are per visit).</p> <p><b>Call Ahead to confirm availability.</b></p> <p><b>Bond Park Community Center (BPCC)   (919) 462-3970</b></p> <p><b>Cary Senior Center (CSC)   (919) 469-4081</b></p> <p><b>Herb Young Community Center (HYCC)   (919) 460-4965</b></p> <p><b>Middle Creek Community Center (MCCC)   (919) 771-1295</b></p>	<div data-bbox="938 531 1073 590" data-label="Text"> <p><b>TOWN OF CARY</b> PARKS, RECREATION &amp; CULTURAL RESOURCES</p> </div> <div data-bbox="1175 506 1295 621" data-label="Image"> </div>