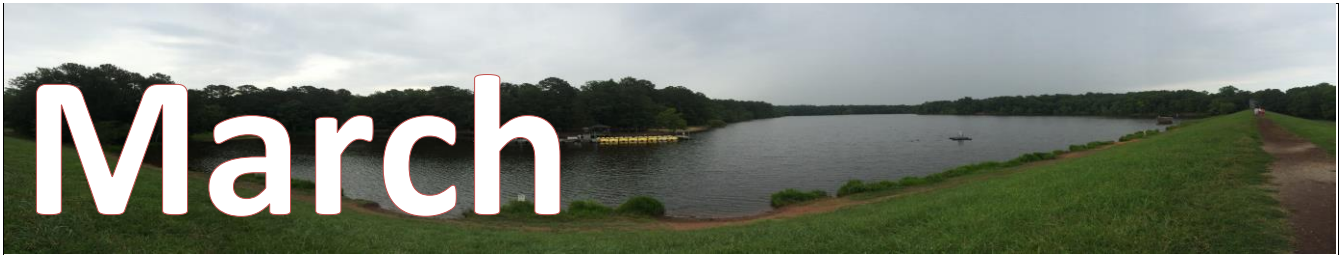


March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
<p>Register for the full program or drop in for a per-visit fee.</p> <p>Call Ahead to confirm availability.</p> <p>TOWN of CARY PARKS, RECREATION & CULTURAL RESOURCES</p>  <p>Bond Park Community Center (BPCC) (919) 462-3970 Cary Senior Center (CSC) (919) 469-4081 Herb Young Community Center (HYCC) (919) 460-4965 Middle Creek Community Center (MCCC) (919) 771-1295</p>			<p>1</p> <p>Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Country Heat Live (55+) 10-11 a.m. Weight Training (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Chair Zumba (55+) 2-2:50 p.m. Yin Yoga(16+) 5:15-6:15 p.m. Stretch Yoga (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Yoga-All Levels (16+) 6:30-7:30 p.m. Total Body (18+) 7:15-8 p.m. Drop-In Zumba (18+) 7:15-8:15 p.m. DanceIT (18+) 7:15-8:15 p.m.</p>	<p>2</p> <p>DanceIT (18+) 9:30-10:30 a.m. You Can Do It (55+) 11:05-11:50 a.m.</p>
			<p>3</p> <p>No Classes Scheduled</p>	
<p>5</p> <p>DanceIT (18+) 9:30-10:30 a.m. Nia Technique (55+) 10-10:50 a.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Yin Yoga (16+) 4:30-5:30 p.m. Fitness Boxing (18+) 6-7 p.m. Zumba (16+) 6:30-7:30 p.m.</p>	<p>6</p> <p>Yoga-All Levels (16+) 9:30-10:30 a.m. Cardio Fit (16+) 9:30-10:30 a.m. Country Heat Live! (18+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. You Can Do It (55+) 11-11:50 a.m. Meditation 101 (18+) 4:30-5:15 p.m. Mat Pilates (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Zumba Gold (50+) 6:30-7:20 p.m. Total Body (16+) 7:15-8 p.m. DanceIT (18+) 7:15-8:15 p.m.</p>	<p>7</p> <p>Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Nia Technique (50+) 5:30-6:20 p.m. Body Blast (16+) 6-7 p.m. Fitness Boxing (18+) 6-7 p.m. Muscle Max (18+) 7-7:40 p.m.</p>	<p>8</p> <p>Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Country Heat Live (55+) 10-11 a.m. Weight Training (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Chair Zumba (55+) 2-2:50 p.m. Yin Yoga(16+) 5:15-6:15 p.m. Stretch Yoga (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Yoga-All Levels (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m. Drop-In Zumba (18+) 7:15-8:15 p.m. DanceIT (18+) 7:15-8:15 p.m.</p>	<p>9</p> <p>DanceIT (18+) 9:30-10:30 a.m. You Can Do It (55+) 11:05-11:50 a.m.</p>
			<p>10</p> <p>No Classes Scheduled</p>	
<p>12</p> <p>DanceIT (18+) 9:30-10:30 a.m. Nia Technique (55+) 10-10:50 a.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Yin Yoga (16+) 4:30-5:30 p.m. Fitness Boxing (18+) 6-7 p.m. Zumba (16+) 6-7 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7-7:40 p.m.</p>	<p>13</p> <p>Yoga-All Levels (16+) 9:30-10:30 a.m. Cardio Fit (16+) 9:30-10:30 a.m. Country Heat Live! (18+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. You Can Do It (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Meditation 101 (18+) 4:30-5:15 p.m. Mat Pilates (16+) 6-7 p.m. Pilates Barre (18+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Zumba Gold (50+) 6:30-7:20 p.m. Total Body (16+) 7:15-8 p.m. DanceIT (15+) 7:15-8:15 p.m.</p>	<p>14</p> <p>Yoga Sculpt (18+) 9:30-10:30 a.m. Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Nia Technique (50+) 5:30-6:20 p.m. Body Blast (16+) 6-7 p.m. Fitness Boxing (18+) 6-7 p.m. Muscle Max (18+) 7-7:40 p.m.</p>	<p>15</p> <p>Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Country Heat Live (55+) 10-11 a.m. Weight Training (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Chair Zumba (55+) 2-2:50 p.m. Yin Yoga(16+) 5:15-6:15 p.m. Stretch Yoga (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Yoga-All Levels (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m. Drop-In Zumba (18+) 7:15-8:15 p.m. DanceIT (15+) 7:15-8:15 p.m.</p>	<p>16</p> <p>DanceIT (18+) 9:30-10:30 a.m. You Can Do It (55+) 11:05-11:50 a.m.</p>
			<p>17</p> <p>No Classes Scheduled</p>	

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 DanceIT (18+) 9:30-10:30 a.m. Nia Technique (55+) 10-10:50 a.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Yin Yoga (16+) 4:30-5:30 p.m. Fitness Boxing (18+) 6-7 p.m. Zumba (16+) 6-7 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.	20 Yoga-All Levels (16+) 9:30-10:30 a.m. Cardio Fit (16+) 9:30-10:30 a.m. Country Heat Live! (18+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. You Can Do It (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Meditation 101 (18+) 4:30-5:15 p.m. Mat Pilates (16+) 6-7 p.m. Pilates Barre (18+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m. DanceIT (15+) 7:15-8:15 p.m.	21 Yoga Sculpt (18+) 9:30-10:30 a.m. Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Nia Technique (50+) 5:30-6:20 p.m. Fitness Boxing (18+) 6-7 p.m.	22 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Country Heat Live (55+) 10-11 a.m. Weight Training (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Chair Zumba (55+) 2-2:50 p.m. Yin Yoga(16+) 5:15-6:15 p.m. Stretch Yoga (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Yoga-All Levels (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m. Drop-In Zumba (18+) 7:15-8:15 p.m. DanceIT (15+) 7:15-8:15 p.m.	23 DanceIT (18+) 9:30-10:30 a.m. You Can Do It (55+) 11:05-11:50 a.m.
				24 No Classes Scheduled
26 DanceIT (18+) 9:30-10:30 a.m. Nia Technique (55+) 10-10:50 a.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Yin Yoga (16+) 4:30-5:30 p.m. Fitness Boxing (18+) 6-7 p.m. Zumba (16+) 6-7 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.	27 Yoga-All Levels (16+) 9:30-10:30 a.m. Cardio Fit (16+) 9:30-10:30 a.m. Country Heat Live! (18+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. You Can Do It (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Meditation 101 (18+) 4:30-5:15 p.m. Mat Pilates (16+) 6-7 p.m. Pilates Barre (18+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m. DanceIT (15+) 7:15-8:15 p.m.	28 Yoga Sculpt (18+) 9:30-10:30 a.m. Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness (55+) 2:15-3:15 p.m. Nia Technique (50+) 5:30-6:20 p.m. Fitness Boxing (18+) 6-7 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7-7:40 p.m.	29 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Country Heat Live (55+) 11-11:50 a.m. Weight Training (55+) 11-11:50 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Chair Zumba (55+) 2-2:50 p.m. Yin Yoga(16+) 5:15-6:15 p.m. Stretch Yoga (16+) 6-7 p.m. Cardio Vive (18+) 6:15-7 p.m. Yoga-All Levels (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m. Drop-In Zumba (18+) 7:15-8:15 p.m. DanceIT (15+) 7:15-8:15 p.m.	30 No Classes Scheduled
				31 No Classes Scheduled