



MAY

Fitness/Wellness Pass Program

All full-time Regular employees, spouses and dependents are invited to participate in select Fitness & Wellness programs offered at 3 of the Community Centers and the Senior Center.

*Please be sure to call the facility ahead of time to assure class is occurring!

HERBERT C. YOUNG COMMUNITY CENTER

Cardio Fit (age 16 & up)

This exciting, low-impact class combines a moderate to high-intensity workout, including advanced choreography, which will greatly enhance overall fitness. Benefits include improved stamina, coordination, strength, and flexibility. Appropriate for all fitness levels. Join us and jump-start your day!

Location: Herbert C. Young Community Center

Instructor: Nan Clark

108933 Tue, Thu NOW – May 24 (9:30 – 10:30 AM)

Mat Pilates (age 16 & up)

This class includes a series of mat exercises providing a low-stress method of physical and mental conditioning that utilizes the deepest muscles in the body to strengthen the back, chest, arms, abdominals, hips, and thighs. This exercise technique creates a strong core, a more streamlined shape, and greater balance and flexibility.

Location: Herbert C. Young Community Center

Instructor: Paula Machado

108976 Tue, NOW – May 29 (6 – 7 PM)

Body Blast (age 16 & up)

Cardio, Cardio, Cardio! This class will provide the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning tailored to your needs! Forty-five minutes of cardio fun and 15 min of muscle conditioning. Enjoy the music and feel the burn! Men and Women welcome!

Location: Herbert C. Young Community Center

Instructor: Natalie Williams

109542 Mon, Wed May 2 – 23 (6 – 7 PM)

Muscle Max Fitness Training (age 16 & up)

You'll strengthen, define and tone all your muscles without a cardio component in this class. Each separate workout is jam-packed with exercises that concentrate on a specific body parts: the abs, hips & thighs, buttocks or upper body.

Location: Herbert C. Young Community Center

Instructor: Natalie Williams

109576 Mon, Wed, May 2 – 23 (7 – 7:40 PM)

Seniors in Motion (age 55 & up)

One of our most popular senior fitness classes! This is a complete and effective workout designed to complement your needs. Exercise to the tunes you enjoy, with friends old and new! Improve your cardiovascular, strength and flexibility with this workout. Come join us!

Location: Herbert C. Young Community Center

Instructor: Nan Clark

108965 Tue, Thu, NOW – May 24 (10:45 – 11:30 AM)

BOND PARK COMMUNITY CENTER

Cardio Vive (age 16 & up)

This class will help you build fitness and strength while improving energy levels, flexibility, core strength, and balance. Great for anyone wanting to start a fitness program!

Location: Bond Park Community Center

Instructor: Laura Gnewuch

111000 Tue, Thu, NOW – May 24 (6:15 – 7 PM)

Total Body Conditioning (age 16 & up)

Join us for an invigorating, time-efficient workout that focuses on conditioning, strengthening, and toning. Body bars and weights will be used.

Location: Bond Park Community Center

Instructor: Laura Gnewuch

111004 Tue, Thu, NOW – May 24 (7:15 – 8 PM)

Zumba® (age 16 & up)

Zumba® is a Latin-inspired dance fitness class incorporating Latin and International music and dance movements. The cardio-based dance movements are easy to follow and include body sculpting, which targets areas such as legs, arms, core abdominals, and the most important muscle in the body—the heart! Great instructional class for beginners!

Location: Bond Park Community Center

Instructor: Mya Barghouthi

110800 Mon, NOW – May 21 (6:30 – 7:30 PM)

Yoga—All Levels (age 16 & up)

You will learn about postures, breathing techniques, and variations that will challenge all levels of ability and experience. Everyone is welcome.

Location: Bond Park Community Center

Instructor: Judy Liu

110459 Tue NOW–May 22 9:30–10:30 a.m.

Instructor: Marilyn Griman

111008 Thu, NOW – May 24 (6:30 – 7:30 PM)

SENIOR CENTER

Nia Technique (age 50+)

Fitness for the mind, body, and spirit. The practice integrates nine different movement forms to create a high-energy, expressive, and nonimpact fitness experience that will quiet the mind, strengthen your body, and enliven your spirit. This safe, body-centered workout is adaptable for all fitness levels.

Location: Cary Senior Center

Instructor: Janice Horner

110802 Wed, NOW – May 30 (5:30 – 6:20 PM)

Nia Technique (age 55+)

Fitness for the mind, body, and spirit. The practice integrates nine different movement forms to create a high-energy, expressive, and nonimpact fitness experience that will quiet the mind, strengthen your body, and enliven your spirit. This safe, body-centered workout is adaptable for all fitness levels.

Location: Cary Senior Center

Instructor: Laura Ghantous

110305 Mon, NOW – May 21 (10 – 10:50 AM)

MIDDLE CREEK COMMUNITY CENTER

Fitness Boxing (age 18 & up)

This high-intensity interval workout will leave you feeling sweaty and empowered! Use a variety of boxing methods (mitt work, heavy bag combinations, jump rope, bodyweight circuits, shadow boxing, and more) to burn calories, increase muscular and core strength, and elevate your cardio endurance. There's no better stress reliever than punching a heavy bag or mitts! All fitness levels welcome.

Location: Middle Creek Community Center

Instructor: Michelle Chopp

111080 Mon, Wed, NOW – May 30 (6 – 7 PM)

Pilates Barre (age 18 & up)

Pilates Barre includes exercises such as plies, tendus, and grande battements (commonly seen in ballet) and floor exercises such as the one hundred, roll up, and the teaser (commonly seen in Pilates). This is a low-impact workout with a concentration on the core muscles to tone, stretch, and shape like no other class! No experience needed.

Location: Middle Creek Community Center

Instructor: Stacy Smith

110480 Tue, NOW – May 29 (6 – 7 PM)

Country Heat Live! (age 18 & up)

Join us for a high-energy, easy-to-follow, low-impact fitness program that totally fires up the fun! This country dance-inspired dancing class includes simple moves to reshape your body, melt off weight, and tone and tighten everything from your booty to your legs, shoulders, and arms—all while having fun!

Location: Middle Creek Community Center

Instructor: Autumn Buckner

110509 Tue, NOW – May 29 (9:30 – 10:30 AM)

Happy Mom, Happy Baby Yoga (age 1M-35M)

Mom and baby are invited for a nurturing, strengthening, and calming yoga practice. For mom, she will enjoy toning, core strength, stretching, as well as stress-management techniques. For baby, there will be stretches and massage. This class is designed for moms who are four weeks postpartum and cleared by the doctor. Bring a blanket for baby.

Location: Middle Creek Community Center

Instructor: Pam Callaway

110571 Mon, NOW – May 21 (10:45 – 11:45 AM)

Yoga Sculpt (age 18 & up)

When group fitness meets yoga, Yoga Sculpt is born. Build lean muscle mass and boost your metabolism as you move to upbeat music. This jam-packed class combines free weights, yoga, and cardio to get a total body workout in one hour.

Location: Middle Creek Community Center

Instructor: Stacy Smith

111419 Wed, NOW – May 30 (9:30 – 10:30 AM)

110529 Thu, NOW – May 31 (6 – 7 PM)

Yin Yoga For Deep Relaxation and Healing (age 16 & up)

Strengthen your Yin tissue (soft connective tissue), improve your range of motion, concentration, and focus, and attain deep relaxation by practicing long holds in poses (asanas). Essential oils and massages are part of this experience.

Location: Bond Park Community Center

Instructor: Marilyn Griman

111012 Thu, NOW – May 24 (5:15 – 6:15 PM)

Location: Middle Creek Community Center

Instructor: Marilyn Griman

110407 Mon, NOW – May 14 (4:30 – 5:30 PM)

Country Heat Line Dancing (age 55 & up)

Join us for a high energy, easy-to-follow, low-impact, fitness program that totally fires up the fun! This country dance-inspired non-stop dancing class has simple moves to reshape your body, melt off weight, and tone and tighten everything from your booty to your legs, shoulders, and arms. All while having fun!

Location: Middle Creek Community Center

Instructor: Autumn Buckner

110501 Thu, Apr 26 – May 31 (10 – 11 AM)

Functional Fitness for Seniors (age 55 & up)

Designed for those who are just starting to get active. This class will work on range of motion, and joint and muscular flexibility. By combining resistance training, light weight lifting, chair yoga and functional movement, this class will help with everyday living. No experience necessary, wear sneakers and comfortable clothing you can move in.

Location: Middle Creek Community Center

Instructor: Stacy Smith

110415 Mon, Wed, NOW – May 30 (2:15 – 3:15 PM)

(no class May 28)

DROP-IN CLASSES

Drop-in Line Dance

Give line dancing a try! We stomp our feet and tap our toes.
Times subject to change, please call the facility to confirm.

HERB YOUNG COMMUNITY CENTER

(919) 460-4965

Beginner Levels

Instructor: Robert Webster

Mondays (7 – 8:30 PM)

Instructor: Nan Clark

Wednesdays (1:10 – 2:10 PM)

CARY SENIOR CENTER

(919) 469-4081

Beginner & Intermediate Levels

1st & 3rd Mondays Monthly (6 – 8 PM)

Drop-In Zumba

Ditch the workout! Join the party!

Thursdays, (6 – 7 PM)

No registration required.

Beginner Level

Location: Herbert C. Young Community Center

Instructor: Karen Cusimano