

November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
<p>Call Ahead to confirm availability. 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>Register for the full program or use your Fitness/Wellness Pass.</p>				
		<p>1 Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.</p>	<p>2 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Yin Yoga (16+) 5:15-6:15 p.m. Yoga (18+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Yoga (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>3 You Can Do It (55+) 11:05-11:50 a.m.</p>
				<p>4 No Classes Scheduled</p>
<p>6 You Can Do It (55+) 12-12:45 p.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Zumba (16+) 6:30-7:30 p.m.</p>	<p>7 Cardio Fit (16+) 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. Mat Pilates (16+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>8 Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.</p>	<p>9 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Yin Yoga (16+) 5:15-6:15 p.m. Yoga (18+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Yoga (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>10 No Classes Scheduled</p>
				<p>11 No Classes Scheduled</p>
<p>13 You Can Do It (55+) 12-12:45 p.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Zumba (16+) 6:30-7:30 p.m.</p>	<p>14 Cardio Fit (16+) 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. Mat Pilates (16+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>15 Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.</p>	<p>16 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Yin Yoga (16+) 5:15-6:15 p.m. Yoga (18+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Yoga (16+) 6:30-7:30 p.m. Drop-In Zumba (18+) 7-8 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>17 You Can Do It (55+) 11:05-11:50 a.m.</p>
				<p>18 No Classes Scheduled</p>
<p>20 You Can Do It (55+) 12-12:45 p.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Zumba (16+) 6:30-7:30 p.m. Line Dancing (18+) 7-8:30 p.m.</p>	<p>21 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Mat Pilates (16+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>22 Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness for Seniors 2:15-3:15 p.m.</p>	<p>23 No Classes Scheduled</p>	<p>24 No Classes Scheduled</p>
				<p>25 No Classes Scheduled</p>
<p>27 You Can Do It (55+) 12-12:45 p.m. Stretch, Flex & Balance (55+) 1-1:50 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Zumba (16+) 6:30-7:30 p.m. Line Dancing (18+) 7-8:30 p.m.</p>	<p>28 Cardio Fit (16+) 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. Mat Pilates (16+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>29 Line Dancing (18+) 1:10-2:10 p.m. Functional Fitness for Seniors 2:15-3:15 p.m. Body Blast (16+) 6-7 p.m. Muscle Max (18+) 7:05-7:50 p.m.</p>	<p>30 Cardio Fit (16+) 9:30-10:30 a.m. Seniors in Motion (55+) 10:45-11:30 a.m. Stretch, Flex & Balance (55+) 12-12:50 p.m. Get Fit While You Sit! (55+) 1-1:50 p.m. Yin Yoga (16+) 5:15-6:15 p.m. Yoga (18+) 6-7 p.m. Cardio Vive (16+) 6:15-7 p.m. Yoga (16+) 6:30-7:30 p.m. Total Body (16+) 7:15-8 p.m.</p>	<p>TOWN OF CARY PARKS, RECREATION & CULTURAL RESOURCES</p>