

# ADULT FITNESS OPPORTUNITIES

# SEPTEMBER

**FRED G. BOND METRO PARK  
BOATHOUSE**  
(919) 469-4100

**Beginner Canoeing**

Sun, Sep 3 | 10 a.m.-noon

**Sailing for Seniors (55 & up)**

Tue, Sep 5 | 10 a.m.-2 p.m.

**Kayaking for Seniors (age 55 & up)**

Fri, Sep 8 | 9 a.m.-noon

**Beginning Kayaking**

Sat, Sep 9 | 9 a.m.-noon

**Fishing for Seniors (55 & up)**

Tue, Sep 12 | 9 a.m.-noon

**Beginner Sailing**

Fri-Sat, Sep 15-16 | 5:30-7 p.m., 9 a.m.-noon

Fri-Sat, Sep 15-16 | 5:30-7 p.m., 1-4 p.m.

Fri & Sun, Sep 15 & 17 | 1-4 p.m.

**Paddle the Park Tour**

*Canoe*

Fri, Sep 15 | 7-9 p.m.

*Kayak*

Fri, Sep 15 | 7-9 p.m.

**Intro to Archery**

Sat, Sep 16 | 10 a.m.-noon

**Intermediate Archery**

Sat, Sep 16 | 1-3 p.m.

**Family Campout**

Sat-Sun, Sep 23-24 | 3:30 p.m.- 8 a.m.

**MIDDLE CREEK COMMUNITY CENTER**  
(919) 771-1295

**Happy Mom, Happy Baby Yoga**

Mon, Sep 11-Oct 2 | 10:45-11:45 a.m.

**Functional Fitness for Seniors (55 & up)** 

Mon & Wed, Sep 11-Nov 1 | 2:15-3:15 p.m.

**Yin Yoga** 

Mon, Sep 11-Oct 30 | 4:15-5:15 p.m.

**Foundations of Hooping & Hoop Dance** 

Mon, Sep 11-Nov 13 | 7:15-8:15 p.m.

**Country Heat Live!**

Tue, Sep 12-Oct 24 | 9:30-10:30 a.m.

**Meditation 101** 

Tue, Sep 12-Oct 31 | 4:15-5 p.m.

**DanceIT**

Tue & Thu, Sep 12-Dec 7 | 7:15-8:15 p.m.

Fri, Sep 15-Dec 8 | 9:30-10:30 a.m.

Mon, Sep 25-Dec 11 | 9:30-10:30 a.m.

**Senior Country Heat (55 & up)** 

Thu, Sep 14-Oct 26 | 10:30-11:30 a.m.


**Yoga** 

Thu, Sep 14-Oct 26 | 6-7 p.m.

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

**Cardio Fit** 

Tue & Thu, Sep 5-Oct 5 | 9:30-10:30 a.m.

**Seniors in Motion (age 55 & up)** 

Tue & Thu, Sep 5-Oct 5 | 10:45-11:30 a.m.

**Body Blast** 

Mon & Wed, Sep 11-Oct 23 | 6-7 p.m.

**Bollywood Fitness**

Mon, Sep 11-Oct 16 | 7:45-8:30 p.m.

**Muscle Max** 

Wed, Sep 6-Oct 4 | 7:05-7:50 p.m.

**Yoga for Total Wellness**

Sat, Sep 9-Nov 18 | 9:15-10:30 a.m.

**Mat Pilates** 

Tue, Sep 5-Oct 24 | 6-7 p.m.

**Zumba Tone**

Tue, Sep 12-Dec 12 | 6:30-7:15 p.m.

**CARY ARTS CENTER**  
(919) 469-4069

**Beginning Acrylics**

Tue, Sep 5-26 | 7-9:30 p.m.

**Mono Silkscreen Printing**

Wed, Sep 6-27 | 9-11:30 a.m.

**A Book in a Box**

Mon, Sep 11-Oct 9 | 6:30-9:30 p.m.

**Mindful Communication**

Mon, Sep 11-Oct 9 | 7-9 p.m.

**Beginning Metals and Jewelry**

Tue, Sep 12-Oct 17 | 6:30-9:30 p.m.

**Drawing for Beginning Students**

Thu, Sep 14-Oct 12 | 9:30 a.m.-noon

**Broadway Jazz & Tap**

Wed, Sep 20-Oct 25 | 7-8 p.m.

**Begin to Sew: Adults**

Wed, Sep 20-27 | 7-9 p.m.

**Creating Fused Glass, Beginning**

Mon, Sep 25-Oct 16 | 7-9 p.m.

**Stand Up to Speak**

Tue, Sep 26-Oct 24 | 6-7 p.m.


**Sculpting Animals in Clay**

Tue, Sep 26-Oct 24 | 7-8:30 p.m.

**BOND PARK COMMUNITY CENTER**  
(919) 462-3970

**Cardio Vive** 

Tue & Thu, Sep 5-Oct 26 | 6:15-7 p.m.

**Total Body Conditioning** 

Tue & Thu, Sep 5-Oct 26 | 7:15-8 p.m.

**Boathouse Boot Camp**

Mon & Wed, Sep 6-27 | 7-7:45 a.m.

**Pound-Rock Out. Workout.** 

Wed, Sep 6-Oct 25 | 7:30-8:15 p.m.

**Yin Yoga for Deep Relaxation** 


Thu, Sep 7-Oct 26 | 5:15-6:15 p.m.

**Yoga-All Levels** 

Thu, Sep 7-Oct 26 | 6:30-7:30 p.m.


Tue, Sep 12-Oct 31 | 9:30-10:30 a.m.

Thu, Sep 14-Nov 2 | 12-1 p.m.

**Zumba** 

Fri, Sep 8-Oct 13 | 5:30-6:30 p.m.

Mon, Sep 11-Oct 30 | 6:30-7:30 p.m.

**Body Sculpt** 

Mon, Sep 11-Oct 23 | 9:30-10:30 a.m.

Thu, Sep 14-Nov 2 | 9:30-10:30 a.m.

**Ballet Fusion** 

Tue, Sep 12-Oct 31 | 10:40-11:40 a.m.

**Ballet Barre Workout** 

Sat, Sep 16-Oct 7 | 3-4 p.m.

**Shag Beginner**

Mon, Sep 18-Oct 2 | 6:45-8:15 p.m.

**Shag Beginner II**

Mon, Sep 18-Oct 2 | 8:15-9:45 p.m.

**Absolute Beginning Ballet**

Thu, Sep 28-Nov 9 | 1:30-2:30 p.m.

**CARY SENIOR CENTER (Ages 55+)**  
(919) 469-4081

**Beginner Waltz**

Thu, Sep 7-28 | 6-7 p.m.

**Yoga for Stress Relief**

Thu, Sep 7-28 | 6:30-7:10 p.m.

**Qi Infused Yoga**

Mon, Sep 11-Oct 16 | 5:30-6:10 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.



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& CULTURAL RESOURCES  
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