

# Cary's Adult Fitness Opportunities

## JULY

For more details on our classes and programs, call the facility number listed, or pick up the program brochure at any Town facility.

### BOND PARK BOATHOUSE (919) 469-4100

**Intro to Canoeing**  
Sat, Jul 15 | 9-11 a.m.

**Beginning Kayaking**  
Fri, Jul 14 | 5-8 p.m.

**Sailing**  
Fri-Sat, Jul 21-22 | Fri, 5:30-7 p.m./Sat, 9 a.m.-noon  
Fri-Sat, Jul 21-22 | Fri, 5:30-7 p.m./Sat 2-5 p.m.  
Fri, Sun, Jul 21, 23 | Fri, 5:30-7 p.m./Sun 2-5 p.m.

**Kayaking for Seniors (55+)**  
Mon, Jul 17 | 9 a.m.-noon

**Archery for Seniors (55+)**  
Sat, Jul 22 | 9-11 a.m.



### OPEN GYM SCHEDULES

Open Gym Calendar @ [www.townofcary.org](http://www.townofcary.org)  
Search "Open Gym Schedule"

Schedules subject to change.  
Please call the facility to confirm.

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

**Zumba**   
Mon, Jul 10-Aug 14 | 6-7 p.m.

**Shag Beginner**  
Mon, Jul 10-24 | 6:45-8:15 p.m.

**Total Body Conditioning**   
Tue & Thu, Jul 25-Aug 24 | 7:15-8 p.m.

### CARY SENIOR CENTER 55+ (919) 469-4081

**Stretch, Flex, and Balance**   
Tue & Thu, Jul 6-27 | noon-12:50 p.m.

**Get Fit While you Sit!**   
Thu, Jul 20-Aug 24 | 1-1:50 p.m.

**You Can Do It!**   
Fri, Jul 21-Aug 25 | 11-11:50 a.m.

**Women's Health QiGong**  
Fri, Jul 21-Aug 25 | 1-1:50 p.m.

**Nia Technique**  
Mon, Jul 24-Aug 28 | 10-10:50 a.m.

**Beginner Qigong**  
Mon, Jul 24-Aug 28 | 3-3:50 p.m.

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

**The Arts of Calligraphy**  
Wed & Thu, Jul 5-6 | 6-7:30 p.m.

**Begin to Sew**  
Tue, July 11-18 | 7-9 p.m.

**Colored Pencils: Portraits**  
Thu, Jul 13-Aug 10 | 12:30-3 p.m.

**Impressions in Clay**  
Mon, Jul 24-Aug 21 | 6:30-9 p.m.

**Intro to Lapidary-Cabochons**  
Mon, Jul 24-Aug 28 | 6:30-9:30 p.m.

**Fused Glass, Beginning**  
Mon, Jul 24-Aug 14 | 7-9:30 p.m.

**Introduction to Drawing**  
Tue, Jul 25-Aug 15 | 7-9:30 p.m.

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

**Body Blast**   
Mon & Wed, Jul 3-26 | 6-7 p.m.

**Muscle Max**   
Mon & Wed, Jul 3-26 | 7:05-7:50 p.m.

**Zumba Tone**  
Tue, Jul 11-Aug 29 | 6:30-7:30 p.m.

**Seniors in Motion (55+)**   
Tue & Thu, Jul 25-Aug 31 | 10:45-11:30 a.m.

**Cardio Fit**   
Tue & Thu, Jul 25-Aug 31 | 9:30-10:30 a.m.

### SPORTS OPPORTUNITIES (919) 469-4062

**Sports Spotlight** @ [www.townofcary.org](http://www.townofcary.org)  
Search "Sports Spotlight"

**Adult Golf Clinics**  
Tue & Thu, Jul 11-20 | 6-7 p.m.