

Adult Fitness Opportunities

JUNE

CARY SENIOR CENTER (919) 469-4081 | age 55+

Yoga For Back Care

Fri, Jun 2-Jul 14 | noon-12:45 p.m.

Women's Health QiGong

Fri, Jun 2-Jul 14 | 1-1:50 p.m.

Nia Technique

Mon, Jun 5-Jul 10 | 10-10:50 a.m.

Beginner QiGong

Mon, Jun 5-Jul 10 | 3-3:50 p.m.

Yoga Stretch

Tue, Jun 6-Jul 18 | 6:30-7:15 p.m. (50+)

Wed, Jun 1-29 | 10-10:45 a.m.

Sat, June 3-Jul 15 | noon-12:45 p.m. (50+)

Qi Infused Yoga (50+)

Thu, Jun 22-Jul 27 | 6:30-7:15 p.m.

BOND PARK COMMUNITY CENTER (919) 462-3970

Total Body Conditioning

Tue & Thu, May 30-Jul 13 | 7:15-8 p.m.

Zumba

Mon, Jun 5-26 | 6:30-7:30 p.m.

Shag Beginner

Mon, Jun 5-19 | 6:45-8:15 p.m.

Shag Beginner II

Mon, Jun 5-19 | 8:15-9:45 p.m.

Tang Soo Do (Korean Martial Arts)

Tue, Thu, Sat Jun 6-29

Tue & Thu | 6:30-7:30 p.m.

Sat | 10:30-11:30 a.m.

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

Seniors in Motion (age 55 & up)

Tue & Thu, May 30-Jul 20 | 10:45-11:30 a.m.

Cardio Fit

Tue & Thu, May 30-Jul 20 | 9:30-10:30 a.m.

Yoga for Total Wellness

Sat, Jun 3-Jul 15 | 9:15-10:30 a.m.

Body Blast

Mon & Wed, Jun 5-28 | 6-7 p.m.

Muscle Max

Mon & Wed, Jun 5-28 | 7:05-7:50 p.m.

Mat Pilates

Tue, Jun 6-20 | 6-7 p.m.

BOND PARK BOATHOUSE (919) 469-4100

Open Challenge Course

Sat, Jun 10 | 9am

Sat, Jun 10 | 11 a.m.

Sat, Jun 10 | 1 p.m.

Sat, Jun 10 | 3 p.m.

Intro to Canoeing

Sat, Jun 10 | 9-11 a.m.

Intro to Archery

Sat, Jun 10 | 10 a.m.-noon

Basic Orienteering

Sat, Jun 10 | 10 a.m.-12:30 p.m.

Intermediate Archery

Sat, Jun 10 | 1-3 p.m.

Beginning Kayaking

Sun, Jun 18 | 9 a.m.-noon

Kayaking for Seniors (age 55+)

Mon, Jun 19 | 9 a.m.-noon

Beginner Sailing

Fri-Sat, Jun 23-24 | Fri 5:30-7 p.m./Sat 9 a.m.-noon

Fri-Sat, Jun 23-24 | Fri 5:30-7 p.m./Sat 2-5 p.m.

Fri & Sun, Jun 23 & 25 | Fri 5:30-7 p.m./Sun 2-5 p.m.

CARY ARTS CENTER (919) 469-4069

Painting on Silk

Thu, Jun 8-29 | 7-8:30 p.m.

Drawing Denial

Mon & Tue, Jun 12-13 | 6-7:30 p.m.

Continuing to Draw

Mon & Tue, Jun 26-27 | 6-7:30 p.m.

Lovely 3-D Floral Mosaics

Mon, Jun 5-Jul 17 | 6:30-9:30 p.m.

Beginning Medals & Jewelry

Tue, Jun 20-Aug 1 | 6:30-9:30 p.m.

Beginning Acrylics

Tue, Jun 20-Jul 18 | 7-9:30 p.m.

Sew a Simple Skirt

Wed, Jun 7-14 | 6-9 p.m.

MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

Functional Fitness for Seniors (55+)

Mon & Wed, Jun 5-Jul 31 | 1-2 p.m.

Summer Sweat Boot Camp

Tue & Thu, Jun 6-Jul 27 | 8-8:30 a.m.

Country Heat Live!

Mon, Jun 19-Aug 28 | 6-6:50 p.m.

Vinyasa Yoga

Tue, Jun 20-Jul 25 | 6:30-7:30 p.m.

Senior Country Heat (55+)

Thu, Jun 22-Jul 27 | 11-11:50 a.m.

50/50

Thu, Jun 22-Jul 27 | 6:30-7:30 p.m.

SPORTS OPPORTUNITIES (919) 469-4062

[Sports Spotlight](#) @ www.townofcary.org

Keyword Search "Sports"

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