

# Cary's Adult Fitness Opportunities

## MARCH

### FRED G BOND METRO PARK BOATHOUSE

(919) 469-4100

**Boating Skills & Seamanship**  
Mon, Mar 19-May 21 | 6-8:30 p.m.

**Archery for Seniors (50+)**  
Mon, Mar 5 | 5-7 p.m.

**Intro to Archery**  
Sun, Mar 11 | 10 a.m.-noon

**Intermediate Archery**  
Sun, Mar 11 | 1-3 p.m.

### HERBERT C. YOUNG COMMUNITY CENTER

(919) 460-4965

**Stretch Yoga** 🧘  
Thu, Mar 1-Apr 19 | 6-7 p.m.

**Yoga for Total Wellness**  
Sat, Mar 3-May 12 | 9:15-10:30 a.m.

**Body Blast** 🏋️  
Mon & Wed, Mar 7-28 | 6-7 p.m.

**Muscle Max** 🏋️  
Mon & Wed, Mar 7-28 | 7-7:40 p.m.

**Bollywood Fitness**  
Mon, Mar 12-Apr 16 | 7:45-8:30 p.m.

**Cardio Fit** 🏋️  
Tue & Thu, Mar 20-Apr 19 | 9:30-10:30 a.m.

**Seniors in Motion (age 55 & up)** 🏋️  
Tue & Thu, Mar 20-Apr 19 | 10:45-11:30 a.m.

### SPORTS OPPORTUNITIES

(919) 469-4062

[Sports Spotlight](http://www.townofcary.org) @ [www.townofcary.org](http://www.townofcary.org)  
Parks, Recreation and Cultural Resources  
Page Select "Sports"

### BOND PARK COMMUNITY CENTER

(919) 462-3970

**Zumba** 🧘  
Mon, Mar 5-Apr 16 | 6:30-7:30 p.m.  
Fri, Mar 2-Apr 13 | 5:30-6:30 p.m.

**Yoga** 🧘  
Tue, Mar 6-Apr 17 | 9:30-10:30 a.m.  
Thu, Mar 8-Apr 12 | 6:30-7:30 p.m.

**Cardio Vive** 🏋️  
Tue & Thu, Mar 6-Apr 12 | 6:15-7 p.m.

**Total Body Conditioning** 🏋️  
Tue & Thu, Mar 6-Apr 12 | 7:15-8 p.m.

**Pound-Rockout. Workout.** 🧘  
Wed, Mar 7-Apr 25 | 7:30-8:15 p.m.

**Body Sculpt** 🧘  
Thu, Mar 8-Apr 19 | 9:30-10:30 a.m.

**Yin Yoga** 🧘  
Thu, Mar 8-Apr 12 | 5:15-6:15 p.m.

**Beginner Ballroom Rhythm**  
Fri, Mar 9-Apr 20 | 7:15-8:30 p.m.

**Shag Beginner**  
Mon, Mar 12-26 | 6:45-8:15 p.m.

**Shag Beginner II**  
Mon, Mar 12-26 | 8:15-9:45 p.m.

### CARY ARTS CENTER

(919) 469-4069

**Painting Animals on Rocks**  
Tue, Mar 6-13 | 4:30-6:30 p.m.

**Beginning Metals & Jewelry**  
Wed, Mar 7-Apr 11 | 6:30-9:30 p.m.

**Sewing Machine 101**  
Tue, Mar 20 | 9:30 a.m.-12:30 p.m.

### CARY SENIOR CENTER

(919) 469-4081 | age 55+

**Weight Training for Beginners** 🏋️  
Thu, Mar 1-29 | 11-11:50 a.m.

**Yoga for Stress Relief (50+)**  
Thu, Mar 1-Apr 19 | 6:30-7:10 p.m.

**Women's Health QiGong**  
Fri, Mar 2-Apr 6 | 1-1:50 p.m.

**Beginner QiGong**  
Mon, Mar 5-Apr 2 | 3-3:50 p.m.

**Restorative Yoga**  
Mon, Mar 12-Apr 23 | noon-12:45 p.m.

**Qi Infused Yoga (50+)**  
Mon, Mar 12-Apr 23 | 5:30-6:15 p.m.

**Zumba Gold**  
Mon, Mar 19-May 14 | 11-11:50 a.m.

### MIDDLE CREEK COMMUNITY CENTER

(919) 771-1295

**Country Heat Line Dancing (55+)** 🏋️  
Thu, Mar 1-Apr 19 | 10-11 a.m.

**Pilates Barre** 🧘  
Tue, Mar 13-Apr 17 | 6-7 p.m.

**Yoga Sculpt** 🧘  
Wed, Mar 14-Apr 18 | 9:30-10:30 a.m.  
Thu, Mar 15-Apr 19 | 6-7 p.m.

**Yin Yoga** 🧘  
Mon, Mar 19-May 14 | 4:30-5:30 p.m.

**Fitness Boxing** 🏋️  
Mon & Wed, Mar 19-Apr 25 | 6-7 p.m.

**Meditation 101** 🧘  
Tue, Mar 20-May 15 | 4:30-5:15 p.m.

**Functional Fitness for Seniors (55+)** 🏋️  
Mon & Wed, Mar 26-Apr 25 | 2:15-3:15 p.m.