

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
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.