

# ADULT FITNESS OPPORTUNITIES



# NOVEMBER

## CARY ARTS CENTER (919) 469-4069

**Sew Your Own Owl**  
Mon, Nov 6-13 | 7-9 p.m.

**Sewing Machine 101**  
Tue, Nov 7 | 9 a.m.-noon  
Mon, Nov 27 | 6-9 p.m.

**Intro to Encaustic Painting**  
Mon, Nov 6-Dec 11 | 7-9:30 p.m.

**Fall Scenes in Water Soluble Oils**  
Tue, Nov 7-28 | 1-3:30 p.m.

**Beginning Metals & Jewelry**  
Wed, Nov 8-Dec 20 | 6:30-9:30 p.m.

**Pen & Ink Creative Designs**  
Sat, Nov 11 | 5:30-7 p.m.

**Pottery Wheel-Work**  
Tue, Nov 14-Dec 5 | 1-3:30 p.m.

**Digital Card Design**  
Sat, Nov 18 | 1-4 p.m.

**Intermediate Drawing**  
Tue, Nov 21-Dec 12 | 7-9:30 p.m.

**Mono Silkscreen Painting**  
Wed, Nov 29-Dec 20 | 9-11:30 a.m.

**Mosaic Masterpiece**  
Thu, Nov 30-Jan 4 | 6-9 p.m.

**SPORTS OPPORTUNITIES** For more info, (919) 469-4062.

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

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

**Body Blast**  
Mon & Wed, Nov 6-Dec 20 | 6-7 p.m.

**Cardio Fit**  
Tue & Thu, Nov 14-Dec 21 | 9:30-10:30 a.m.

**Seniors in Motion (age 55+)**  
Tue & Thu, Nov 14-Dec 21 | 10:45-11:30 a.m.

**Women's Self Defense**  
Sat, Nov 18 | 9:30 a.m.-3:30 p.m.

**Muscle Max**  
Wed, Nov 29-Dec 20 | 7:05-7:50 p.m.

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

**Women's Self Defense**  
Sat, Nov 4 | 9:30 a.m.-3:30 p.m.

**Meditation 101**  
Tue, Nov 7-Dec 12 | 4:15-5 p.m.

**Yoga-All Levels**  
Thu, Nov 2-Dec 21 | 6-7 p.m.

**Senior Country Heat (55+)**  
Thu, Nov 2-Dec 14 | 10:30-11:30 a.m.

**Functional Fitness for Seniors (55+)**  
Mon & Wed, Nov 6-Dec 20 | 2:15-3:15 p.m.

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

**Yin Yoga**  
Thu, Nov 2-Dec 14 | 5:15-6:15 p.m.

**Yoga: All Levels**  
Tue, Nov 2-Dec 14 | 6:30-7:30 p.m.

**Zumba**  
Mon, Nov 7-Dec 19 | 6-7 p.m.  
Fri, Nov 3-Dec 15 | 5:30-6:30 p.m.

**Shag Beginner**  
Mon, Nov 6-20 | 6:45-8:15 p.m.

**Shag Beginner II**  
Mon, Nov 6-20 | 8:15-9:45 p.m.

**Absolute Beginning Ballet**  
Thu, Nov 16-Dec 14 | 1:30-2:30 p.m.

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

**Open Challenge Course**  
Sat, Nov 18 | 1 p.m.  
Sat, Nov 18 | 3 p.m.

**Knot Tying**  
Tue, Nov 21-28 | 7-8 p.m.

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

**Functional Fitness**  
Mon & Wed, Nov 7-Dec 21 | 2:15-3:15 p.m.

**Gentle Yoga**  
Tue, Nov 29-Dec 20 | 10-10:50 a.m.

**Parkinson's Fitness**  
Tue, Nov 29-Dec 20 | 4:15-5:15 p.m.

**Yoga Stretch**  
Wed, Nov 30-Dec 21 | 10-10:45 a.m.

**Drum Fun**  
Wed, Nov 30-Dec 21 | 3-4 p.m.

# Happy Thanksgiving!