

# Cary's Adult Fitness Opportunities

## FEBRUARY

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

#### Cardio Fit

Tue & Thu, Feb 6-Mar 15 | 9:30-10:30 a.m.

#### Seniors in Motion (age 55+)

Tue & Thu, Feb 6-Mar 15 | 10:45-11:30 a.m.

#### Body Blast

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

#### Muscle Max

Mon & Wed, Feb 7-28 | 7-7:40 p.m.

#### Zumba Toning

Tue, Feb 20 | 7-8 p.m.

#### Mat Pilates

Tue, Feb 27-Apr 17 | 6-7 p.m.

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

#### Ballet Barre Workout

Sat, Feb 10-Mar 17 | 3-4 p.m.

#### Dog Obedience 101

Wed, Feb 28-Apr 11 | 7-8 p.m.

#### Dog Obedience 102

Wed, Feb 28-Apr 11 | 8-9 p.m.

### CARY ARTS CENTER 919-469-4069

#### Basic Photography

Thu, Feb 1-22 | 6-8 p.m.

#### Fused Glass, Beginning

Mon, Feb 5-26 | 7-9:30 p.m.

#### Sewing Machine 101

Tue, Feb 6 | 6-9 p.m.

#### Beginning Metals & Jewelry

Tue, Feb 6-Mar 13 | 6:30-9:30 p.m.

#### Sculpting Animals in Clay

Wed, Feb 7-28 | 7-9 p.m.

#### Intermediate Drawing

Thu, Feb 8-Mar 1 | 7-9:30 p.m.

#### Garment Sewing Basics

Sat, Feb 10-17 | 1-4 p.m.

#### Photo Transfer on Clay

Sat, Feb 17-Mar 24 | 9:30-11:30 a.m.

#### Fused Glass, Intermediate I

Sat, Feb 17-Mar 10 | 2-4:30 p.m.

#### Acrylic Painting Basics

Mon, Feb 19-Mar 26 | 9:30 a.m.-noon

#### Painting Rock Gardens

Tue, Feb 20-27 | 4:30-6:30 p.m.

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

#### Stretch, Flex, & Balance

Tue & Thu, Feb 6-Mar 1 | 12-12:50 p.m.

#### Yoga Back Basics

Fri, Feb 16-Mar 23 | noon-12:45 p.m.

#### Gentle Yoga

Tue, Feb 20-Apr 3 | 10-10:50 a.m.

Thu, Feb 22-Apr 5 | 10-10:50 a.m.

Fri, Feb 23-Apr 6 | 9-9:50 a.m.

#### Pilates Stretch

Fri, Feb 23-Mar 23 | 10:15-11 a.m.

#### You Can Do It!

Fri, Feb 23-Mar 23 | 11:05-11:50 a.m.

Tue, Feb 27-Apr 3 | 11-11:50 a.m.

#### Yoga Stretch

Wed, Feb 28-Apr 18 | 10-10:45 a.m.

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

Need a more flexible option? Drop-in visits are at a per-visit rate. For more information, please call (919) 462-3970.



### SPORTS OPPORTUNITIES

For more info, (919) 469-4062.

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

Parks, Recreation and Cultural Resources Page  
Select "Sports"

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

#### Fitness Boxing

Mon & Wed, Feb 12-Mar 14 | 6-7 p.m.

#### Functional Fitness for Seniors (55+)

Mon & Wed, Feb 19-Mar 21 | 2:15-3:15 p.m.

#### Country Heat Live!

Tue, Feb 27-Apr 17 | 9:30-10:30 a.m.

## TOWN of CARY

PARKS, RECREATION  
& CULTURAL RESOURCES  
[www.townofcary.org](http://www.townofcary.org)

