

CARY PARK DISTRICT FITNESS CENTER

Member Appreciation Week November 5 - 11

Schedule for The Week	
Sunday November 5	Complimentary group fitness class: Zumba 1:30 - 2:30 pm
Monday November 6	A representative from Sam's Club will be at the Community Center to provide information about their memberships from 9:00 am - 2:00 pm Complimentary group fitness class: Pilates 7:15 - 8:15 pm
Tuesday November 7	Complimentary group fitness classes: STRONG 9:00 - 10:00 am and Bollywood Dance 6:15 - 7:15 pm CVS will be at the Community Center offering a flu shot clinic from 7:00 - 10:00 am, 12:00 - 2:00 pm and 5:00 - 7:00 pm A Group Fitness instructor will be available to discuss the group fitness classes and to answer your questions from 8:30 - 10:30 am
Wednesday November 8	Make your own yogurt parfait from 7:00 - 10:00 am Complimentary group fitness classes: Zumba 6:00 - 7:00 pm and STRONG 7:15 - 8:15 pm
Thursday November 9	Complimentary group fitness classes: Wake Up Pilates 7:00 - 8:00 am, Role Model Method 5:45 - 6:45 pm, and Pound from 7:00 - 8:00 pm Chair massages compliments of Dolce Day Spa from 8:30 - 10:30 am Group Fitness instructor will be available to discuss group fitness classes and to answer your questions from 8:30 - 10:30 am and 5:00 - 7:00 pm
Friday November 10	Coffee at the Community Center compliments of Dunkin' Donuts Complimentary chair massages by Dolce Day Spa from 8:30 - 10:30 am A representative from Sam's Club will be at the Community Center to provide information about their memberships from 9:00 am - 2:00 pm
Saturday November 12	Complimentary fitness classes: STRONG 7:15 - 8:15 am, Cardio & Core 8:30 - 9:15 am

847.639.6100 www.carypark.com Schedule is subject to change.



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