



NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER
APRIL 2017 ACTIVITY CALENDAR

DESCRIPTION OF ACTIVITIES



Tabata Bootcamp- Moderate-High Intensity
TABATA BOOTCAMP is a form of high intensity calisthenics training meant for maximum fat burning in minimal time. Using a 3:1 training method, participants exercise at maximum capacity for 30 seconds and rest for 10 seconds, completing a total body workout in nearly half the traditional time of most programs. **INSTRUCTOR LED ACTIVITY.**



Fifteen-Minute Mile-Moderate Intensity
 This fifteen-minute session focuses on cardiovascular health, offering variations that can impact each major muscle group.



Circuit Training – Low/Moderate/High Intensity
 This session will introduce beginners to proper weight-lifting techniques while offering tips to intermediate trainers on reaching their goals. Through the Circuit Training routine, each of the body’s complex muscle groups are targeted within a 30-minute session of self-paced muscle building.



Dancercise- Low/Moderate Intensity
 Great for beginners! This interactive 30-minutes session of cardiovascular fun incorporates popular line dances into your workout routine with hits such as the *Cha-Cha Slide*, *The Wobble*, and the *Cupid Shuffle*.

RELAY 4 LIFE FUNDRAISING EVENT

Dance

RELAY 4 LIFE GALA



APRIL 8, 2017 8PM-Midnight

Recreation Advisory Board
 Easter Egg Hunt
 April 1, 2017



Meeting/Event Snapshot

@ THE CENTER

RECESS (AD)	4/5	5PM
CULTURAL ARTS BOARD	4/6	6PM
RELAY 4 LIFE GALA	4/8	8PM
REC ADVISORY BOARD	4/12	6PM
JCPC MEETING	4/19	NOON
COMMUNITY COLLABORATIVE	4/19	1:30PM
HEALTHY CAROLINIANS	4/20	3:30PM

RECREATION IN APRIL

SOFTBALL REGISTRATION ENDS MAY 1st FOR AGES 13-18 YEAR OLD GIRLS

T-BALL AND COACH PITCH REGISTRATION ENDS APRIL 7TH
 PRACTICES START

NORTHAMPTON HIGH SCHOOL AND CONWAY MIDDLE SCHOOL BASEBALL AND SOFTBALL GAMES

Recreation Department: 252-534-1303
 James Roberts, Director, ext. 1
 Recreation Specialists:
 Collin Sneed, ext. 2
 Robby Birdsong, ext. 5
 For registration forms go to:
<http://www.northamptonnc.com/recreation.asp>

APRIL 2017



NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

BONNIE BETHALL
 Facilities Service Coordinator
 252-534-1303 ext. 4
 bonnie.benthall@nhcnc.net

Activity Calendar

MON	TUE	WED	THU	FRI
<p>FITNESS ICONS</p>	<p>HOURS OF OPERATION MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p>			
<p>3</p> <p>5:30PM-6:30PM</p> <p>6PM-6:30PM</p>	<p>4</p> <p>5:30PM-6:30PM</p>	<p>5</p> <p>"RECESS" 5PM-6PM</p>	<p>6</p> <p>5:30PM-6:30PM</p>	<p>7</p>
<p>10</p> <p>5:30PM-6:30PM</p> <p>6PM-6:30PM</p>	<p>11</p> <p>5:30PM-6:30PM</p>	<p>12</p> <p>6PM-6:30PM</p>	<p>13</p> <p>5:30PM-6:30PM</p>	<p>14</p> <p>COUNTY HOLIDAY</p> <p>ALL OFFICES CLOSED</p>
<p>17</p> <p>5:30PM-6:30PM</p> <p>6PM-6:30PM</p>	<p>18</p> <p>5:30PM-6:30PM</p>	<p>19</p> <p>6PM-6:30PM</p>	<p>20</p> <p>5:30PM-6:30PM</p>	<p>21</p>
<p>24</p> <p>5:30PM-6:30PM</p> <p>6PM-6:30PM</p>	<p>25</p> <p>5:30PM-6:30PM</p>	<p>26</p> <p>6PM-6:30PM</p>	<p>27</p> <p>5:30PM-6:30PM</p>	<p>28</p>

