



# NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

## AUGUST 2017 ACTIVITY CALENDAR

### DESCRIPTION OF ACTIVITIES



#### **BOOTCAMP FITNESS- Moderate-High Intensity**

BOOTCAMP FITNESS 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.

**INSTRUCTOR LED ACTIVITY.** (FITNESS ROOM)



**USDA FOOD DISTRIBUTION**



**THURSDAY, AUGUST 10, 2017**  
**9AM-2PM**

### Meeting/Event Snanshot

RECESS	8/2	5:00 PM
RECESS	8/9	5:00 PM
USDA FOOD DISTRIBUTION	8/10	9AM
JCPC MEETING	8/16	NOON
COMMUNITY COLLABORATIVE	8/16	1:30PM
FAMILY CARE GROUP MTG	8/16	11AM
HEALTHY CAROLINIANS	8/17	
CADA TRAINING	8/29-8/31	

***NORTHAMPTON RECREATION IN AUGUST***
























**MIDGET LEAGUE FOOTBALL BEGINS!**  
**ADULT SOFTBALL CONTINUES...**  
**ADULT CO-ED SOFTBALL REGISTRATION BEGINS!**

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

**NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER**



To add an event, please contact  
Bonnie Benthall @  
[bbenthall@nhcnc.net](mailto:bbenthall@nhcnc.net) or  
252-534-1303 ext. 4

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	<p><b>1</b></p> <p> 5:30PM-6PM</p> <p> 6PM-6:15PM</p>	<p><b>2</b></p> <p> 5:30PM-6PM</p> <p> 6PM-6:15PM <b>5PM-6PM RECESS!</b></p>	<p><b>3</b></p> <p> 5:30PM-6PM</p>	<b>4</b>
<p><b>7</b></p> <p> 5:30PM-6PM <b>Line Dancing</b> 5:30PM-6:30PM</p>	<p><b>8</b></p> <p> 5:30PM-6PM</p>	<p><b>9</b></p> <p> 5:30PM-6PM</p> <p> 6PM-6:15PM <b>5PM-6PM RECESS!</b></p>	<p><b>10</b></p> <p> 9AM USDA FOOD DIST.</p>	<b>11</b>
<p><b>14</b></p> <p> 5:30PM-6PM <b>Line Dancing</b> 5:30PM-6:30PM</p>	<p><b>15</b></p> <p> 5:30PM-6PM</p>	<p><b>16</b></p> <p> 5:30PM-6PM</p> <p> 6PM-6:15PM <b>5PM-6PM RECESS!</b></p>	<p><b>17</b></p> <p> 5:30PM-6PM</p>	<b>18</b>
<p><b>21</b></p> <p> 5:30PM-6PM <b>Line Dancing</b> 5:30PM-6:30PM</p>	<p><b>22</b></p> <p> 5:30PM-6PM Northampton Co. Pre-K <b>Auditorium Closed</b></p>	<p><b>23</b></p> <p> 5:30PM-6PM Northampton Co. Pre-K <b>Auditorium Closed</b></p>	<p><b>24</b></p> <p> 5:30PM-6PM Northampton Co. Pre-K <b>Auditorium Closed</b></p>	<b>25</b>
<p><b>28</b> CADA TRAINING SESSION (ALL DAY)</p> <p><b>Auditorium Closed</b></p> <p> 5:30PM-6PM <b>Line Dancing</b> 5:30PM-6:30PM</p>	<p><b>29</b> CADA TRAINING SESSION (ALL DAY)</p> <p><b>Auditorium Closed</b></p>	<p><b>30</b> CADA TRAINING SESSION (ALL DAY)</p> <p><b>Auditorium Closed</b></p>	<p><b>31</b></p>	<p><b>Hours of Operation</b> MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p> <p>   <b>FITNESS PROGRAM</b> <b>ICONS</b> Circuit Training Fifteen Minute Walk or Run Boot Camp</p>