

# NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

ACTIVITY CALENDAR—FEBRUARY 2018

## DESCRIPTION OF ACTIVITIES



### BOOTCAMP- Moderate-High Intensity

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.**



### DANCERCIZE- Low/Moderate Intensity

Great for beginners! This interactive 60-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*.



### FIFTEEN-MINUTE Walk-Low Intensity

This fifteen-minute session focuses on cardiovascular health.



### 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.  
(FITNESS ROOM)



Meeting/Event Snapshot

@ THE CENTER

RECREATION ADVISORY BOARD MEETING	2/1	7PM
CULTURAL ARTS BOARD MEETING	2/14	1:30PM
JCPC MEETING	2/21	12PM
HEALTHY CAROLINIANS	2/22	3:30PM

Recreation Inc. Board Plate Sale February 21, 2018 at the Cultural and Wellness Center from 11:30 am -1:30 pm. Plates are \$8. For more information, please contact Bonnie Benthall at 252-534-1303 ext.4.

## NHC RECREATION IN FEBRUARY

### GIRLS FAST-PITCH SOFTBALL

(7-12YRS)

**REGISTRATION STARTING SOON  
T-BALL AND COACH PITCH WILL  
START MARCH 1<sup>ST</sup>.**

**Recreation Department (252) 534-1303**

James Roberts, Director, ext. 1

Recreation Specialist:

Ashley Carpenter, ext. 5

For registration forms go to:

<http://www.northamptonnc.com/recreation.asn>



DON'T RISK THE TRAFFIC!  
WALK WITH US!

**INDOOR/OUTDOOR**



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Northampton County  
Recreation and  
Wellness Center

FEBRUARY 2018

NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

**Bonnie Benthall**  
 Facilities Service Coordinator  
 252-534-1303 ext. 4  
 bonnie.benthall@nhcnc.net

*Activity Calendar*

MON	TUE	WED	THU	FRI
			1  5:30PM-6:15PM	2
5  5:30PM-6:30PM	6  5:30PM-6:15PM	7   5:30PM-6PM 6PM-6:30PM	8  5:30PM-6:15PM	9
12  5:30PM-6:30PM	13  5:30PM-6:15PM	14   5:30PM-6PM 6PM-6:30PM 	15  5:30PM-6:15PM	16
19  5:30PM-6:30PM	20  5:30PM-6:15PM	21 Cultural Arts Plate Sale 11:30am – 1:30pm  5:30PM-6PM  6PM-6:30PM	22   5:30PM-6PM 6PM-6:30PM	23
26  5:30PM-6:30PM	27  5:30PM-6:15PM	28   5:30PM-6PM 6PM-6:30PM	<b><u>FITNESS ICONS</u></b> 	
				<b><u>HOURS OF OPERATION</u></b> MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM

*...where wellness and recreation join for the betterment of the citizens...*