

NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

ACTIVITY CALENDAR—FEBRUARY 2019

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)



DON'T RISK THE TRAFFIC!
WALK WITH US!
INDOOR/OUTDOOR



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Northampton County
Recreation and
Wellness Center



Meeting/Event Snapshot

@ THE CENTER

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

Recreation Inc. Board Plate Sale February 19, 2019 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

**T-BALL AND COACH PITCH
REGISTRATION WILL START
MARCH 1ST.**

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.asp>

FEBRUARY 2019

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
<p><u>FITNESS ICONS</u></p> 		<p><u>HOURS OF OPERATION</u> MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p>		1
4	5	6	7	8
 5:30PM-6:30PM  6PM-6:30PM	 5:30PM-6:15PM	 5:30PM-6PM  6PM-6:30PM	 5:30PM-6:15PM	
11	12	13	14	15
 5:30PM-6:30PM  6PM-6:30PM	 5:30PM-6:15PM	 5:30PM-6PM  6PM-6:30PM	 5:30PM-6:15PM 	
18	19	20	21	22
 5:30PM-6:30PM  6PM-6:30PM	<p><i>Cultural Arts Plate Sale</i> 11:30am – 1:30pm</p>  5:30PM-6:15PM	 5:30PM-6PM  6PM-6:30PM	 5:30PM-6PM  6PM-6:30PM	
25	26	27	28	
 5:30PM-6:30PM  6PM-6:30PM	 5:30PM-6:15PM	 5:30PM-6PM  6PM-6:30PM	 5:30PM-6PM  6PM-6:30PM	

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