



NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

ACTIVITY CALENDAR—JULY 2018

DESCRIPTION OF ACTIVITIES



Tabata 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.*



Fifteen-Minute Walk-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. (FITNESS ROOM)



Meeting/Event Snapshot

@ THE CENTER

FIREWORKS DISPLAY	7/4	9:15PM
SENIOR DISTRIBUTION	7/10	10:30AM
JCPC MEETING	7/18	NOON
MOUNT HOPE BAPTIST CHURCH	7/22	NOON

The meetings or events listed above are the ones scheduled at the time of this calendar's publication. Groups may schedule or cancel meetings/events at any time during the month.

COUNTY'S OFFICES CLOSED



WEDNESDAY, JULY 4, 2018

4TH OF JULY FIREWORKS @ THE WELLNESS CENTER
MONDAY, JULY 4, 2018
5PM-10PM

NORTHAMPTON RECREATION IN JULY

MEN'S ADULT SOFTBALL LEAGUE CONTINUE JULY 9TH

YOUTH FOOTBALL CAMP, JULY 9TH-13TH

YOUTH FOOTBALL REGISTRATION CONTINUES

YOUTH CHEERLEADING SIGNUPS BEGINS Ages 7-13

Recreation Department: 252-534-1303

James Roberts, Director, ext. 1

Recreation Specialists:

Collin Sneed, ext. 2, Ashley Carpenter, ext. 5

For registration forms go to:



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

JULY 2018

NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

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

Activity Calendar

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>
2 Line Dancing  5:30PM-6PM  6PM-6:30PM	3	4 COUNTY'S OFFICES CLOSED  FIREWORKS @ WELLNESS CENTER 5PM-10PM	5  5:30PM-6PM	6
9 Line Dancing  5:30PM-6PM  6PM-6:30PM	10 Senior Distribution  5:30PM-6PM	11  5:30PM-6PM  6PM-6:30PM	12  5:30PM-6PM	13 <u>EVENT SETUP 1PM-5PM:</u>
16 Line Dancing  5:30PM-6PM  6PM-6:30PM	17  5:30PM-6PM	18  5:30PM-6PM  6PM-6:30PM	19  5:30PM-6PM	20 <u>EVENT SETUP 2PM-6PM:</u>
23 Line Dancing  5:30PM-6PM  6PM-6:30PM	24  5:30PM-6PM	25  5:30PM-6PM  6PM-6:30PM	26  5:30PM-6PM	27 <u>EVENT SETUP 2PM-6PM:</u>
30 Line Dancing  5:30PM-6PM  6PM-6:30PM	31  5:30PM-6PM		<u>HOURS OF OPERATION</u> MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM	<u>FITNESS ICONS</u> 

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