



NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

ACTIVITY CALENDAR—JUNE 2017

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.

Fifteen-Minute Mile-Moderate Intensity

This fifteen-minute session focuses on cardiovascular health, offering variations that can impact each major muscle group. (Walking Trail)

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)

RECESS!
2017 FIELD DAY

JUNE 9TH 3-6PM

**FUN ACTIVITIES
 GAMES
 PRIZES
 FREE! FREE! FREE!**



Meeting/Event Snapshot

@ THE CENTER

<i>RECESS!</i>	6/7	5PM
RECESS! FIELD DAY	6/9	3PM
JCPC MEETING	6/21	NOON
HEALTHY CAROLINIANS	6/22	3:30PM

SUNDAY, JUNE 18th




FATHER'S DAY



June 21st

FIRST DAY OF SUMMER



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

NORTHAMPTON RECREATION IN JUNE

ADULT SOFTBALL Games Begin End of June
FAST-PITCH SB GAMES ON-GOING
Boys Baseball 8-15 sign up end June 9th
Youth Football Camp Sign up thru end of June












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

JUNE 2017

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>
			1  5:30PM-6:30PM	2
5 ■ 5:30PM-6PM ■ 5:30PM-6:30PM ■ LINE DANCING ■ 6PM-6:30PM	6  5:30PM-6:30PM	7 <u>5PM-6PM RECESS!</u> ■ 5:30PM-6PM ■ 6PM-6:30PM	8  5:30PM-6:30PM Fitness Room Closed	9 RV-CHI EVENT: RECESS! 3-6 PM Fitness Room Closed
12 ■ 5:30PM-6PM ■ 5:30PM-6:30PM ■ LINE DANCING ■ 6PM-6:30PM	13  5:30PM-6:30PM	14 <u>5PM-6PM RECESS! (AUD)</u> ■ 5:30PM-6PM ■ 6PM-6:30PM	15  5:30PM-6:30PM	16 <u>EVENT SETUP:</u> PERNELL WEDDING (AUD)
19 ■ 5:30PM-6PM ■ 5:30PM-6:30PM ■ LINE DANCING ■ 6PM-6:30PM	20  5:30PM-6:30PM	21 <u>5PM-6PM RECESS!</u> (AUD) ■ 5:30PM-6PM ■ 6PM-6:30PM	22  5:30PM-6:30PM	23 <u>EVENT SETUP:</u> 1. JONES-HARRIS REUNION(AUD) 2. BANKS FAMILY REUNION (GAZEBO)
26 ■ 5:30PM-6PM ■ 5:30PM-6:30PM  LINE DANCING ■ 6PM-6:30PM	27  5:30PM-6:30PM	28 <u>5PM-6PM RECESS! (AUD)</u> ■ 5:30PM-6PM ■ 6PM-6:30PM	29  5:30PM-6:30PM	30 <u>FITNESS ICONS</u> 

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