



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.**



Dancercise- Low/Moderate Intensity

Great for beginners! This interactive 30-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 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)

COUNTY OFFICES CLOSED

JANUARY 1st



JANUARY 15TH



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



Meeting/Event Snapshot

@ THE CENTER

NEW YEAR'S DAY (COUNTY OFFICES CLOSED)	1/1	CLOSED
CULTURAL ARTS BOARD MEETING	1/10	1:30PM
MLK HOLIDAY (COUNTY OFFICES CLOSED)	1/15	CLOSED
MLK HOLIDAY CELEBRATION	1/15	10:00AM
JCPC	1/17	NOON
HEALTHY CAROLINIANS	1/18	3:30PM

NHC RECREATION IN JANUARY



Youth Basketball League Continues
GAMES PLAYED @ CONWAY MIDDLE SCHOOL

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>

Activity Calendar

MON	TUE	WED	THU	FRI
<p>1 NEW YEAR'S DAY</p>  <p>COUNTY OFFICES CLOSED</p>	<p>2</p>  5:30PM-6:15PM	<p>3</p> <p>RECESS! 5PM-6PM</p>  5:30PM-6PM  6PM-6:30PM	<p>4</p>  5:30PM-6:15PM	<p>5</p>
<p>8</p>  5:30PM-6PM  6PM-6:30PM	<p>9</p>  5:30PM-6:15PM	<p>10</p>  5:30PM-6PM  6PM-6:30PM	<p>11</p>  5:30PM-6:15PM	<p>12</p> <p><u>EVENT SETUP 3PM-6PM</u></p>
<p>15 DR. MLK, JR. DAY</p>  <p>COUNTY OFFICES CLOSED</p> <p>MLK CELEBRATION @ WELLNESS CENTER 8:30AM</p>	<p>16</p>  5:30PM-6:15PM	<p>17</p>  5:30PM-6PM  6PM-6:30PM	<p>18</p>  5:30PM-6:15PM	<p>19</p>
<p>22</p>  5:30PM-6PM  6PM-6:30PM	<p>23</p>  5:30PM-6:15PM	<p>24</p>  5:30PM-6PM  6PM-6:30PM	<p>25</p>  5:30PM-6:15PM	<p>26</p>
<p>29</p>  5:30PM-6PM  6PM-6:30PM	<p>30</p>  5:30PM-6:15PM	<p>31</p>  5:30PM-6PM  6PM-6:30PM	<p>HOURS OF OPERATION MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p>	<p>FITNESS ICONS</p> 