



NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

ACTIVITY CALENDAR—MARCH 2018

DESCRIPTION OF ACTIVITIES



TABATA BOOTCAMP- Moderate-High Intensity

TABATA 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-Low 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)



Dancercise- 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*.

DAYLIGHT SAVINGS TIME
MARCH 11, 2018 @ 2AM



GOOD FRIDAY,
March 30, 2018
COUNTY OFFICES CLOSED

MEETING & EVENT SNAPSHOT

RECREATION ADVISORY BOARD MEETING	3/8	6PM
HEALTHY CAROLINIANS MEETING	3/15	330PM
JCPC MEETING	3/21	12PM
REC ADVISORY BOARD EASTER EGG HUNT	3/24	8:30AM

RECREATION IN MARCH

SIGNUP BEGINS FOR T-ball and Coach Pitch Baseball AND GIRLS FAST-PITCH SOFTBALL

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>

RECREATION ADVISORY BOARD
EASTER EGG HUNT
MARCH 24, 2018



MARCH 2018

NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

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

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>
Activity Calendar	HOURS OF OPERATION MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM	FITNESS ICONS 	1 5:30PM-6:30PM	2
5 5:30PM-6:30PM 5:30PM-6PM 6:15PM-6:45PM	6 5:30PM-6:30PM	7 6:15PM-6:45PM	8 5:30PM-6:30PM	9 5:30PM-6:30PM
12 5:30PM-6:30PM 5:30PM-6PM 6:15PM-6:45PM	13 5:30PM-6:30PM	14 6:15PM-6:45PM	15 5:30PM-6:30PM	16
19 5:30PM-6:30PM 5:30PM-6PM 6:15PM-6:45PM	20 5:30PM-6:30PM Spring Begins	21 Auditorium Closed 6:15PM-6:45PM	22 Auditorium Closed 5:30PM-6:30PM	23
26 5:30PM-6:30PM 5:30PM-6PM 6:15PM-6:45PM	27 5:30PM-6:30PM	28 6:15PM-6:45PM	29 5:30PM-6:30PM	30

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