



**NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER  
MAY 2017 ACTIVITY CALENDAR**

**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 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. (FITNESS ROOM)



**Meetings/Event Snapshot**

**@ THE CENTER**

RECESS!	5/3	5PM
EMPLOYEE APPRECIATION DAY	5/12	11AM
RECREATION ADVISORY BOARD MEETING	5/10	6PM
CULTURAL ARTS BOARD MEETING	5/11	1:30PM
NC WILDLIFE BOATING SAFETY COURSE	5/11-12	6PM
USDA FOOD DISTRIBUTION	5/11	9AM
RELAY FOR LIFE EVENTS	5/13-5/14	NOON
JCPC MEETING	5/17	NOON
COMMUNITY COLLABORATIVE	5/17	1:30PM
FAMILY CARE GROUP MEETING	5/19	11AM
HEALTHY CAROLINIANS MEETING	5/19	3:30PM
CADA TRAINING	5/26	8:30AM

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.

**MUNICIPAL SHUTDOWNS IN MAY**  
**NORTHAMPTON COUNTY EMPLOYEE APPRECIATION**  
**MAY 12, 2017**

**OFFICES CLOSED @ 11AM**

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**MEMORIAL DAY OBSERVED**  
**MAY 29, 2017**

**CLOSED**

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Northampton County  
Recreation and Wellness  
Center

**MAY'S RECREATION INFORMATION**

**ADULT MEN'S & WOMEN'S SOFTBALL REGISTRATION BEGINS**  
**GIRLS FAST-PITCH SOFTBALL GAMES CONTINUE**  
**YOUTH SUMMER BASEBALL REGISTRATION BEGINS**  
**(9-15 YRS OLD)**  
**YOUTH FOOTBALL CAMP REGISTRATION BEGINS**  
**(7-12 YRS OLD)**  
**T-BALL & COACH PITCH PRACTICE AND GAMES BEGIN**

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>













MAY 2017

Activity Calendar



NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

BONNIE BENTHALL  
Facilities Service Coordinator  
252-534-1303 ext. 4  
bonnie.benthall@nhcnc.net

MON	TUE	WED	THU	FRI
<p>1</p> <p>Line Dancing 5:30PM-6:30PM</p> <p>5:30PM-6PM</p> <p>6:15PM-6:45PM</p>	<p>2</p> <p> 5:30PM-6:30PM</p>	<p>3</p> <p>RECESS 5:00PM-6:00PM</p> <p>6:15PM-6:45PM</p>	<p>4</p> <p>5:30PM-6PM</p> <p>6:15PM-6:45PM</p>	<p>5</p>
<p>8</p> <p>Line Dancing 5:30PM-6:30PM</p> <p>5:30PM-6PM</p> <p>6:15PM-6:45PM</p>	<p>9</p> <p> 5:30PM-6:30PM <u>6PM RECREATION ADVISORY BRD</u></p>	<p>10</p> <p>6:15PM-6:45PM</p>	<p>11  9PM-12PM USDA <u>FOOD DISTRIBUTION</u></p> <p>5:30PM-6PM</p> <p>6:15PM-6:45PM</p>	<p>12</p> <p> NORTHAMPTON COUNTY EMPLOYEE APPRECIATION DAY OFFICES CLOSE @ 11AM</p>
<p>15</p> <p>Line Dancing 5:30PM-6:30PM</p> <p>5:30PM-6PM</p>	<p>16</p> <p> 5:30PM-6:30PM</p>	<p>17</p> <p><u>12PM JCPC MEETING</u></p> <p>6:15PM-6:45PM</p> <p>SETUP 12PM-6PM</p>	<p>5:30PM-6PM</p> <p>6:15PM-6:45PM</p>	<p>19</p> <p>RELAY FOR LIFE BEGINS TODAY!!!</p>
<p>22</p> <p>Line Dancing 5:30PM-6:30PM</p> <p>5:30PM-6PM</p>	<p>23</p> <p> 5:30PM-6:30PM</p>	<p>24</p> <p>6:15PM-6:45P Wildlife Boater Safety Course 6:00PM-9:00PM</p>	<p>25</p> <p>5:30PM-6PM</p> <p>6:15PM-6:45PM Wildlife Boater Safety Course 6:00PM-9:00PM</p>	<p>26</p>
<p>29</p> <p><u>MEMORIAL DAY OBSERVED</u></p> <p>  COUNTY OFFICES CLOSED</p>	<p>30</p> <p> 5:30PM-6:30PM</p> <p><u>BLOOD DRIVE 2PM- 6PM</u></p>	<p>31</p>	<p><u>HOURS OF OPERATION</u> MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p>	<p><u>FITNESS ICONS</u></p> <p>  </p>

ENCOURAGE THE SENIOR CITIZENS IN YOUR FAMILY AND COMMUNITY TO GET UP AND MOVE!!!! AND IF YOU NEED ANY ASSISTANCE WITH FITNESS PROGRAMS, ROUTINES, CLASSES OR MEMBERSHIPS, FEEL FREE TO STOP BY AND SEE OUR TRUSTED STAFF HERE AT THE WELLNESS CENTER!