



**NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER  
MAY 2018 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)

**MOTHER'S DAY**  
*Happy Mother's Day*  
  
**MAY 13, 2018**

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



**Meetings/Event Snapshot**

**@ THE CENTER**

PRIVATE EVENT	5/4	7PM
EMPLOYEE APPRECIATION DAY	5/11	CLOSE @ 11AM
JCPC MEETING	5/16	NOON
HEALTHY CAROLINIANS MEETING	5/17	3:30PM
RELAY FOR LIFE EVENTS	5/18-19	
NC WILDLIFE BOATING SAFETY COURSE	5/24-25	6PM
MEMORIAL DAY	5/28	CLOSED
RED CROSS	5/29	2:00PM

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.

Like us on facebook:  
 Northampton County  
 Recreation and Wellness  
 Center

**MUNICIPAL SHUTDOWNS IN MAY**  
**NORTHAMPTON COUNTY EMPLOYEE APPRECIATION**  
**MAY 11, 2018**  
  
**OFFICES CLOSED @ 11AM**

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**MEMORIAL DAY OBSERVED**  
**MAY 28, 2018**  
  
**CLOSED**

**MAY'S RECREATION INFORMATION**

**ADULT MEN'S & WOMEN'S SOTBALL REGISTRATION BEGINS**  
**YOUTH SUMMER BASEBALL REGISTRATION BEGINS**  
(8-15 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  
Ashley Carpenter, ext. 5  
For registration forms go to:  
<http://www.northamptonnc.com/recreation.asp>

MAY 2018

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
	1  5:15PM-6:30PM	2  6:15PM-6:45PM	3  5:15PM-6PM  6:15PM-6:45PM	4 PRIVATE EVENT SETUP 2:00 PM
7 Line Dancing 5:30PM-6:30PM  5:30PM-6PM  6:15PM-6:45PM	8  5:15PM-6:30PM <a href="#">6PM RECREATION ADVISORY BRD</a>	9  6:15PM-6:45PM	10  5:15PM-6PM  6:15PM-6:45PM	11  NORTHAMPTON COUNTY EMPLOYEE APPRECIATION DAY OFFICES CLOSE @ 11AM
14 Line Dancing 5:30PM-6:30PM  5:30PM-6PM	15  5:15PM-6:30PM	16 <a href="#">12PM JCPC MEETING</a>  6:15PM-6:45PM	17 Healthy Carolinians 3:30PM  5:15PM-6PM  6:15PM-6:45PM	18 RELAY FOR LIFE BEGINS TODAY!!! 
21 Line Dancing 5:30PM-6:30PM  5:30PM-6PM	22  5:15PM-6:30PM	23  6:15PM-6:45P	24  5:15PM-6PM  6:15PM-6:45PM Wildlife Boater Safety Course 6:00PM-9:00PM	25 Wildlife Boater Safety Course 6:00PM-9:00PM
28 MEMORIAL DAY OBSERVED  COUNTY OFFICES CLOSED	29  5:15PM-6:30PM <a href="#">BLOOD DRIVE 2PM- 6PM</a>	30  6:15PM-6:45PM	HOURS OF OPERATION MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM	
FITNESS ICONS 				

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!