

NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER

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.**



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)



USDA FOOD DRIVE
NOVEMBER 9, 2017



9AM-2PM

VETERAN'S DAY
ALL COUNTY OFFICES
CLOSED
NOVEMBER 10, 2017





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



Meeting/Event Snapshot

@ THE CENTER

RECESS!	11/1	5PM
Recreation Cultural Arts Board Meeting	11/8	1:30PM
USDA Food Drive	11/9	9PM
VETERAN'S DAY HOLIDAY	11/10	CLOSED
JCPC Meeting	11/15	NOON
Healthy Carolinians Meeting	11/16	3:30PM
ADVISORY BOARD DANCE	11/18	8:00PM

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.

NOVEMBER'S RECREATION INFORMATION



Youth Basketball Registration Ends November Youth Basketball League Begins December

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>



NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

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




























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TUE

WED

THU

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<p>HOURS OF OPERATION MON-THU 8:30AM-8PM FRI 8:30AM-6:30PM SAT 8:30AM-12:30PM</p>	<p>COUNTY HOLIDAY CLOSINGS: VETERAN'S DAY NOV 10 THANKSGIVING NOV 23-NOV 25</p>	<p>1 RECESS 5:00 PM-6:00PM</p>	<p>2  5:30PM-6PM  6PM-6:30PM</p>	<p>3</p>
<p>6  5:30PM-6:30PM</p>	<p>7  5:30PM-6:15PM  6:15PM-6:45PM</p>	<p>8 Auditorium Closed  5:30PM-6:30PM</p>	<p>9 <u>9AM-2PM USDA FOOD DRIVE</u>  5:30PM-6PM  6PM-6:30PM</p>	<p>10 VETERAN'S DAY  <u>COUNTY OFFICES CLOSED</u></p>
<p>13  5:30PM-6:30PM</p>	<p>14  5:30PM-6:15PM  6:15PM-6:45PM</p>	<p>15  5:30PM-6:30PM</p>	<p>16  5:30PM-6PM  6PM-6:30PM</p>	<p>17</p>
<p>20  5:30PM-6:30PM</p>	<p>21  5:30PM-6:15PM  6:15PM-6:45PM</p>	<p>22  5:30PM-6:30PM</p>	<p>23 THANKSGIVING DAY  <u>COUNTY OFFICES CLOSED</u></p>	<p>24 <u>COUNTY OFFICES CLOSED</u></p>
<p>27  5:30PM-6:30PM</p>	<p>28  5:30PM-6:15PM  6:15PM-6:45PM</p>	<p>29  5:30PM-6:30PM</p>	<p>30  5:30PM-6PM  6PM-6:30PM</p>	<p>FITNESS ICONS </p>