



# NORTHAMPTON COUNTY CULTURAL AND WELLNESS CENTER ACTIVITY CALENDAR

## 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.



### Dancercise- Low/Moderate Intensity

Great for beginners! This interactive 60-minute 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 Walk-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.



### Meeting/Event Snapshot

@ THE CENTER

Recreation Advisory Board Meeting	10/11	5:30PM
Healthy Carolinians	10/19	3:30PM
JCPC Meeting	10/18	NOON
5 <sup>th</sup> Annual All Hallows Eve Spootacular Nite Out	10/25	7PM
Progressive Woman's Guild	10/28	6PM

### OCTOBER'S RECREATION INFORMATION

**JACKSON PIRATES YOUTH FOOTBALL**  
Practice and Games Continue

**Youth Basketball Registration begins in October**  
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>



OCTOBER 2017

Activity Calendar

MON



NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

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

TUE

WED

THU

**FITNESS ICONS**



**HOURS OF OPERATION**

MON-THU 8:30AM-8PM  
FRI 8:30AM-6:30PM  
SAT 8:30AM-12:30PM

2  
5:30PM-6:30PM

3  
6:00PM-6:45PM

4  
5:30PM-6:30PM  
**RECESS**

5  
5:30PM-6PM  
6PM-6:30PM

6  
**EVENT SETUP (AUD)**  
2PM-6PM

9  
5:30PM-6:30PM

10  
6:00PM-6:45PM

11  
5:30PM-6:30PM

12  
5:30PM-6PM  
6PM-6:30PM

13  
**EVENT SETUP (AUD)**  
2PM-6PM

16  
5:30PM-6:30PM

17  
6:00PM-6:45PM

18  
5:30PM-6:30PM

19  
5:30PM-6PM  
6PM-6:30PM

20  
**EVENT SETUP (AUD)**  
2PM-6PM

23  
5:30PM-6:30PM

24  
6:00PM-6:45PM

25  
  
5th ANNUAL  
ALL HALLOWS EVE  
SPOOTACULAR NITE OUT  
7PM-9PM

26  
5:30PM-6PM  
6PM-6:30PM

27  
**EVENT SETUP (AUD)**  
2PM-6PM

30  
5:30PM-6:30PM

31  
6:00PM-6:45PM

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