



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 is 25-45 minutes of fun Cardiovascular activity, which includes popular line dance hits such as the Freak It, The Wobble, and the Cupid Shuffle.

Fifteen-Minute Mile- Moderate Intensity

This a fifteen-minute powerful walking class for cardiovascular health offering variations for a focus on all major muscle groups.

Circuit Training – Low/Moderate/High Intensity

This session will assist beginners with understanding proper weight-lifting techniques, while affording the intermediate trainers with reaching their goals. Through the Circuit Training routine, each of the body's complex muscle groups can and will be targeted within a 30 minute session of self-paced muscle building.

INSTRUCTOR LED ACTIVITY. (FITNESS ROOM)

FACILITY CLOSED FOR

COUNTY HOLIDAY

**DON'T RISK THE TRAFFIC!
WALK WITH US!
ASK US WHERE AND WHY!!!**

INDOOR/OUTDOOR



Meeting/Event Snapshot

@ THE CENTER

Labor Day Holiday	9/4	CLOSED
Concealed Weapon Classes	9/12-9/13	5:00PM
Recreation Advisory Board Meeting	9/9	7PM
Cultural Arts Board Mtg	9/10	1:30PM
JCPC Meeting	9/17	12PM
Healthy Carolinians Meeting	9/18	3:30PM
Hunter's Safety Classes	9/23-9/25	5:30PM

SEPTEMBER'S RECREATION INFORMATION



Pick up your season schedule at the Registration Desk!!!
Recreation Department: 252-534-1303
James Roberts, Recreation Director, ext. 1
Recreation Specialists:
Collin Sneed, ext. 2 Ashley Carpenter, ext. 5
For registration forms go to:
<http://www.northamptonnc.com/recreation.asp>



SEPTEMBER 2017

2017

Activity Calendar

MON

TUE

WED

THU

FRI

NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER



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

Hours of Operation

Mon-Thu 8:30AM-8PM
Fri 8:30AM-6:30PM
Sat 8:30AM-12:30PM

RESTRICTIONS APPLY
MUST BE A REGISTERED, ACTIVE MEMBER TO PARTICIPATE IN EXERCISE CLASSES
MEMBERSHIP FEE \$10/MONTHLY—OTHER

FITNESS ICONS



3PM-6PM EVENT SET-UP (NO AUDITORIUM ACCESS)

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

1

4

FACILITY CLOSED FOR



COUNTY HOLIDAY

5



5:30PM-6:15PM

6:15PM-6:45PM

7PM-8PM RECREATION ADVISORY MTG

6

1:30PM-3PM CULTURAL ARTS BRD MTG

5:30PM-6:15PM
Recess 5:00PM-6:00PM

7



5:30PM-6PM

6PM-6:30PM

8

3PM-6PM EVENT SET-UP (NO AUDITORIUM ACCESS)

11



Line Dancing
5:30PM-6:30PM



5:30PM-6:15PM

12



5:30PM -6:15PM

6:15PM-6:45PM

13

12PM-1:30PM JCPC MEETING
1:30PM-3PM COMMUNITY COLLAB.

5:30PM-6:15PM

14

11AM-12:30PM FAMILY CARE GROUP
3:30PM-5PM HEALTHY CAROLINIANS

5:30PM-6PM

6PM-6:30PM

15

3PM-6PM EVENT SET-UP (NO AUDITORIUM ACCESS)

18



Line Dancing
5:30PM-6:30PM



5:30PM-6:15PM

19

5:30PM-9PM HUNTER'S SAFETY CLASS



5:30PM -6:15PM

6:15PM-6:45PM

20

21

5:30PM-6PM

6PM-6:30PM

22

3PM-6PM EVENT SET-UP (NO AUDITORIUM ACCESS)

25



Line Dancing
5:30PM-6:30PM



26



5:30PM -6:15PM

6:15PM-6:45PM

27

5:30PM-6:15PM

28

5:30PM-6PM

6PM-6:30PM

29

3PM-6PM EVENT SET-UP (NO AUDITORIUM ACCESS)

SEPTEMBER is **HEALTHY AGING MONTH** and **PROSTATE CANCER AWARENESS MONTH**. This month is the *perfect* time to become more physically active. After all, *none of us are getting any younger!* ☺ Take advantage of one—**OR ALL**—of the fitness classes we offer! You'll be glad you did! Also, please encourage your male loved ones over the age of 50 to arrange an appointment with your family physician to begin their vital prostate screenings.