



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 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

Hunter Safety Course	10/4-10/5	6PM-9PM
Recreation Advisory Board Meeting	10/10	5:30PM
JCPC Meeting	10/17	NOON
Healthy Carolinians	10/18	3:30PM
6 th Annual All Hallows Eve Spooktacular Nite Out	10/24	7PM

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.northamptonc.com>
Look under recreation for the form



OCTOBER 2018

Activity Calendar



NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER

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

MON	TUE	WED	THU	FRI
1 5:30PM-6:30PM	2 6:00PM-6:45PM	3 5:30PM-6:30PM	4 5:30 pm-6:30PM 6PM-6:30PM	5 <u>EVENT SETUP (AUD)</u> 2PM-6PM
8 5:30PM-6:30PM	9 6:00PM-6:45PM	10 5:30PM-6:30PM	11 5:30PM-6PM 6PM-6:30PM	12 <u>EVENT SETUP (AUD)</u> 2PM-6PM
15 5:30PM-6:30PM	16 6:00PM-6:45PM	17 5:30PM-6:30PM	18 5:30PM-6PM 6PM-6:30PM	19 <u>EVENT SETUP (AUD)</u> 2PM-6PM
22 5:30PM-6:30PM	23 6:00PM-6:45PM	24 6th ANNUAL ALL HALLOWS EVE SPOOKTACULAR NITE OUT 7PM-9PM	25 5:30PM-6PM 6PM-6:30PM	26 <u>EVENT SETUP (AUD)</u> 2PM-6PM
29 5:30PM-6:30PM	30 6:00PM-6:45PM	31 5:30PM-6:30PM		



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

