



# Northampton County Cultural & Wellness Center

## Description of Activities

### Dancercise- Low-Moderate Intensity

This is 30 minutes of fun cardio, for all ages, which includes popular hits such as Cha Cha Slide, Electric Slide, and the Bus Stop.

### Fit Jam! @pudden 2010- Low-Moderate Intensity

This is 30 minutes of fun step-type aerobics, developed by the facilities coordinator, which includes popular hits from the 80's, 90's and today, and strength and aerobic moves inspired by Jillian Michaels, Leslie Sansone, Billy Blanks, Tony Horton, and other popular trainers. No mat work. This is a seven component workout 1) warm up, 2) upper and 3) lower body training, 4) abdominal work, 5) cardiovascular work, 6) cool down, and 7) light stretching.

### HIIT IT! @pudden 2010- High Intensity

*This class is not recommended for the beginner.* HIIT is **H**igh **I**ntensity **I**nterval **T**raining and is noted for its effectiveness and focus on fat loss and muscle retention. This class is intense and set up as a Continuous 30 circuit (Four rounds of two minutes high intensity work and 30 seconds rest after each round). **HIIT IT!** is designed for maximum fat and calorie burn in short sessions. The total workout will run approximately 20 minutes with warm up and cool down and light stretching.

### Intense Core Focus @pudden 2010 - Intermediate-High Intensity

This is a 20-minute intense focus on the core region. Includes cool down and stretch. This session integrates Pilates and Yoga moves with a military-inspired flavor. Some moves are taken from the P90X routine by Tony Horton (2009). The session is intense and some moves are advanced with integration of the entire core region. Each workout introduces a different move sequence!

### Salsa Dance Cardio-Moderate-High Intensity

This is 40 minutes of Salsa Dance routines for a great cardio pump! This routine involves working the core and all major muscle groups.

### \*\*NEW CLASS\*\* Gentle Yoga for Adult Beginners- Low Intensity

Offered by Jane Martin-Murray, a certified Yoga instructor, this class includes 20 minutes of yoga for the beginner. A time for stretching and flexibility training with the added benefits of a de-stressing mechanism.

Tae Kwon Do  
Tuesdays 6:30pm  
Call Rob Morris  
252-331-3313

Weight Watchers  
Wednesdays 12:00pm  
Email Linda Jatko  
nanalinof6@yahoo.com



James Roberts, Recreation Director  
534-1303 ext. 1  
Collin Sneed, Recreation Specialist  
534-1303 ext. 2

## RECREATION INFORMATION

- Men and Women Softball League continuing through September
- Sign up for boys and girls basketball, ages 5-15, beginning in September

**WRAP** Wellness  
Recovery Action Planning  
Classes

Mondays, 1pm-3pm

*Learn how to manage your recovery from any of life's challenges while maintaining your wellness and becoming your own advocate*

Classes are free, but registration is requested

Call Carol at 252-481-4010

August 11  
1pm-6pm

**American Red Cross**

Saturday, August 14,  
8am-1pm  
Race free-Drug free-Gang free

**COLOR BLIND**

Softball, Basketball, Tennis, & Food!  
Everything is **free** for everyone.  
Gang Forum: 8am-9am  
Sports 9am-1pm  
All sports mixed ages with children and adults

August 12th

**Cultural Arts Event:**  
*Local Artist Workshop*

For more information call  
Judy Collier,  
Northampton  
County Chamber  
534-1383

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>12:15pm YOGA 1pm-3pm WRAP Class 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>3</b></p> <p>12:15pm Dancercize 5:30pm <b>Fit Jam!</b> 6:00pm Dancercize 6:30 Tae Kwon Do</p>	<p><b>4</b></p> <p>12:00pm WEIGHT WATCHERS 12:15pm Dancercize 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>5</b></p>	<p><b>6</b></p>
<p><b>9</b></p> <p>12:15pm YOGA 1pm-3pm WRAP Class 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>10</b></p> <p>12:15pm Dancercize 5:30pm <b>Fit Jam!</b> 6:00pm Dancercize 6:30 Tae Kwon Do</p>	<p><b>11</b></p> <p>12:00pm WEIGHT WATCHERS 12:15pm Dancercize 5:30pm <b>HIIT IT!</b></p> <p></p>	<p><b>12</b></p> <p></p>	<p><b>13</b></p>
<p><b>16</b></p> <p>12:15pm YOGA 1pm-3pm WRAP Class</p>	<p><b>17</b></p> <p>12:15pm Dancercize 5:30pm <b>Fit Jam!</b> 6:00pm Dancercize 6:30 Tae Kwon Do</p>	<p><b>18</b></p> <p>12:00pm WEIGHT WATCHERS 12:15pm Dancercize 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>19</b></p> <p>12:15pm Dancercize 5:30pm Salsa Dance Cardio 6:20pm <b>Intense Core Focus</b></p>	<p><b>20</b></p> <p>12:15pm Dancercize 5:15pm <b>HIIT IT!</b></p>
<p><b>23</b></p> <p>12:15pm YOGA 1pm-3pm WRAP Class 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>24</b></p> <p>12:15pm Dancercize 5:30pm <b>Fit Jam!</b> 6:00pm Dancercize 6:30 Tae Kwon Do</p>	<p><b>25</b></p> <p>12:00pm WEIGHT WATCHERS 12:15pm Dancercize 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>26</b></p> <p>12:15pm Dancercize 5:30pm Salsa Dance Cardio 6:20pm <b>Intense Core Focus</b></p>	<p><b>27</b></p> <p>12:15pm Dancercize 5:15pm <b>HIIT IT!</b></p>
<p><b>30</b></p> <p>12:15pm YOGA 1pm-3pm WRAP Class 5:30pm <b>HIIT IT!</b> 5:50pm Dancercize</p>	<p><b>31</b></p> <p>12:15pm Dancercize 5:30pm <b>Fit Jam!</b> 6:00pm Dancercize 6:30 Tae Kwon Do</p>	<p><b>Hours of Operation</b> Mon-Thur 8:30am-8:00pm Fri- 8:30am-6:30pm Sat- 8:30am-12:30pm</p> <p> This calendar can be downloaded at: <a href="http://www.northamptonnc.com/ip">http://www.northamptonnc.com/ip</a></p>		

August is National Immunization Awareness Month

National Immunization Awareness Month is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots. Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness (National Health Observance Toolkit – August 2010).

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