



Northampton County Cultural & Wellness Center

Description of Activities

Must be a registered/active member to participate:

Dancercise- Low-Moderate Intensity

This is 15-30 minutes of fun cardiovascular activity, which includes popular hits such as The Cha-Cha, The Electric Slide, and Cupid Shuffle.

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. Hand weights are optional throughout this routine.

FitJam! is a seven component workout:

1) warm up, 2) upper, and 3) lower body training, 4), cardiovascular work, 5) abdominal work, 6) cool down, and 7) light stretching.



Tabata Training- Medium-High Intensity

Tabata is a form of high intensity interval training; where one works at maximum capacity for a number of seconds and then takes a rest for a number of seconds. This training is meant for maximum fat burning in minimal time. Using the Tabata method and the 2:1 training method, the participant will work at maximum capacity for 20 seconds and rest for 10 seconds, completing eight rounds for a total workout of approximately 10 minutes, including the warm up and cool down. This workout will involve exercises such as sprints, squats, push ups, high kicks, jump rope, and squat jumps.



Zumba Fitness Low-High Intensity

Zumba® Fitness is a Latin-inspired dance-fitness class integrating fast and slow rhythms to achieve a full body workout that is fun, effective, and exhilarating! It's not about complicated steps, but about working to achieve an effective and entertaining workout. ☺



James Roberts, Recreation Director
534-1303 ext. 1

Collin Sneed & Justin Moody
Recreation Specialists
534-1303 ext. 2

January RECREATION INFORMATION

- Youth basketball play through February
- Babe Ruth Youth baseball and



Concealed Weapons Class January 11th and 12th

6pm-9:30pm

For more information call
Daryl Williams at
578-0957

We are closed on the following dates in January:

January 2nd- New Year Holiday
January 16th – MLK, Jr. Day

HAPPY NEW YEAR



Events not listed on face of calendar



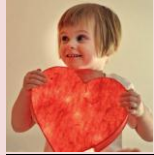
Meeting/Event Snapshot

✓ Cultural & Wellness Policy Review Committee meeting	1/4	2:00pm
✓ Tourism & Development meeting	1/5	5:30pm
✓ SOC meeting	1/10	10:00am
✓ Recreation Advisory Board meeting	1/10	7:00pm
✓ Recreation and Cultural Arts Board meeting	1/13	1:30pm
✓ Office on Aging	1/13	10:00am
✓ Education Foundation meeting	1/17	11:30am
✓ JCPC meeting	1/18	12:00pm
✓ Community Collaborative meeting	1/18	1:30pm
✓ Healthy Carolinians meeting	1/19	3:30pm
✓ Adult System of Care Coordinators	1/24	10:00am

The meetings or events listed above are the ones scheduled at the time of the calendar publication. Groups may schedule or cancel during the month.

Highlighted functions are privately reserved and/or weekend events.

 <p>Mon</p>	<p>Tue</p>	<p>Wed</p>	<p>Thu</p>	<p>Fri</p>
<p>2 HAPPY NEW YEAR <u>Closed</u></p>	<p>3</p>	<p>4  12:15pm Dancercise (25-min class) 5:30pm Dancercise (40-min class) 6:15pm Tabata Training (HIIT)</p>	<p>5  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>6</p>
<p>9  5:30pm FitJam! 6:00pm Zumba (25-minute class)</p>	<p>10  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>11 6:00 Concealed Weapons Class</p>	<p>12  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u> 6:00 Concealed Weapons Class</p>	<p>13</p>
<p>16  <u>Closed</u></p>	<p>17  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>18  12:15pm Dancercise (25-min class) 5:30pm Dancercise (40-min class) 6:15pm Tabata Training (HIIT)</p>	<p>19  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>20</p>
<p>23  5:30pm FitJam! 6:00pm Zumba (25-minute class)</p>	<p>24  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>25  12:15pm Dancercise (25-min class) 5:30pm Dancercise (40-min class) 6:15pm Tabata Training (HIIT)</p>	<p>26  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>27</p>
<p>30  5:30pm FitJam! 6:00pm Zumba (25-minute class)</p>	<p>31  12:15pm Dancercise (25-min class) <u>5:30pm Zumba Fitness (hour class)</u></p>	<p>Hours of Operation Mon-Thu 8:30am-8:00pm Fri 8:30am-6:30pm Sat 8:30am-12:30pm</p>		



January is National Birth Defects Prevention Month



National Birth Defects Prevention Network
Birth Defects Surveillance, Research & Prevention



This 2012 theme focuses on congenital heart defects, "And the Beat Goes On... Looking to the Future for Healthy Hearts." More information is available at <http://www.nbdpn.org/bdpm2012.php>.

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