



## Description of Activities

### New! 8-Minute Blast!-High Intensity

- 6:10pm – 6:20pm Tue/Thu

This is eight minutes of blasting to burn calories and to have fun! The workout employs moves from the ancient tradition of martial arts, as well as dance and boxing. This is **VERY high intensity**.

### Dancercise- Low-Moderate Intensity

- 6:20pm – 6:45pm Mon/ Wed

This is 25 minutes of fun cardio, for all ages, which includes popular hits such as “Cha Cha Slide” and “Electric Slide.”

### Fifteen-Minute Mile-Moderate Intensity

- 6:00pm – 6:15pm Mon/Wed

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

### Salsa Dance Cardio-Moderate-High Intensity

- 5:15pm – 5:55 Tue/Thu

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

### Stability Ball Class- Low-Moderate Intensity

- 5:30pm – 6:00 pm Mon/Wed

This class includes a 30-minute routine with the stability ball, which involves 10 minutes of core work, 10 minutes of cardiovascular activity and 10 minutes of upper body training on Mondays and lower body on Wednesdays.

### Tae Kwon Do - Beginners Welcomed and Encouraged

- 6:30pm – 7:30pm Tue

This is an hour-long class taught by a qualified black belt instructor. First four lessons are free. Purchase of uniform is required. All ages encouraged. Registration required.

### Walking for Your Health Class-Low-Moderate Impact

- 3:00pm – 3:30pm Tue/Thu

This is a moderate energy, thirty-minute, two-mile walking routine for cardiovascular health and improved balance and coordination. This class is a good beginner walking class for any age group. Sponsored by The Office on Aging.

### Worksite Wellness

- 4:00pm – 5:00pm Wed & Thu
- ✓ Twice Monthly

This is an hour-long session offered to Northampton County employees twice monthly as an educational tool for healthy living.



## Dumbbells 101

Are you interested in learning the basics of working with dumbbells?

### *Dumbbells 101*

will be offered on the following dates:

**Tuesday, July 14<sup>th</sup> and  
Tuesday, July 28<sup>th</sup>  
5:15pm – 6:00pm**

This class targets the beginner student and will cover the following objectives:

- Proper form and technique
- Information on structured workout programs
- How to target certain muscle groups

A limited number of lightweight dumbbells will be available. Feel free to bring your own. Ten pounds or under are recommended for instruction.

The Northampton Recreation and Cultural Arts Center, Inc. accepts tax-deductible donations to aid in offering programs through the Northampton County Cultural and Wellness Center.

A permanent donor plaque is displayed in the lobby of the facility.

Make check payable and mail to:  
Northampton Recreation & Cultural Arts Center, Inc. (NRCAC, Inc.)  
Post Office 187  
Jackson NC 27845



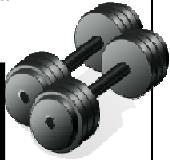
Interest is positive for having daytime Weight Watchers meetings, once per week, at the Center. Information should be distributed by mid-late July.

For more information contact  
**Linda Jaiko:**  
[Nanalinof6@yahoo.com](mailto:Nanalinof6@yahoo.com)



## Recreation Information

- **Babe Ruth All Star Baseball and Softball**  
**In tournaments.**
- **T-Ball and Coach Pitch**  
**Ends in July.**
- **Adult Men & Women's Softball**  
**Registration**



Northampton County Cultural and  
Wellness Center

**Pudden S. Gorlesky, MM**  
Facilities Coordinator

252-534-1303 ext. 3  
pudden.gorlesky@ncmail.net

2009

Tue

Wed

Thu

Fri

This calendar can be  
downloaded from the  
Northampton County  
Website at:

[www.northamptonnc.com](http://www.northamptonnc.com)

1

5:30pm Stability Ball Routine  
New! Lower body training  
session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

2

No Classes  
Auditorium closed due to  
waxing

3

Closed for July 4<sup>th</sup>



6

5:30pm Stability Ball Routine  
New! Upper body weight  
training session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

7

3:00pm Senior Walking Class  
5:15pm Salsa Dance Cardio  
New! 6:10pm 8-Minute Blast!  
6:30pm Tae Kwon Do

8

4:00pm Worksite Wellness  
5:30pm Stability Ball Routine  
New! Lower body training  
session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

9

3:00pm Senior Walking Class  
4:00pm Worksite Wellness  
5:15pm Salsa Dance Cardio  
New! 6:10pm 8-Minute Blast!

10

13

5:30pm Stability Ball Routine  
New! Upper body weight  
training session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

14



3:00pm Senior Walking Class  
New! 5:15pm Dumbbells 101  
New! 6:10pm 8-Minute Blast!  
6:30pm Tae Kwon Do

15

5:30pm Stability Ball Routine  
New! Lower body training  
session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

16

No Senior Walking Class  
5:15pm Salsa Dance Cardio  
New! 6:10pm 8-Minute Blast!

17

20

5:30pm Stability Ball Routine  
New! Upper body weight  
training session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

21

3:00pm Senior Walking Class  
No evening Classes

Tae Kwon Do Rescheduled

22

5:30pm Stability Ball Routine  
New! Lower body training  
session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

23

3:00pm Senior Walking Class  
5:15pm Salsa Dance Cardio  
New! 6:10pm 8-Minute Blast!

RESCHEDULED:  
6:30pm Tae Kwon Do

24

27

5:30pm Stability Ball Routine  
New! Upper body weight  
training session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

28



3:00pm Senior Walking Class  
New! 5:15pm Dumbbells 101  
New! 6:10pm 8-Minute Blast!  
6:30pm Tae Kwon Do

29

5:30pm Stability Ball Routine  
New! Lower body training  
session  
6:00pm Fifteen-Minute Mile  
6:20pm Dancercize

30

3:00pm Senior Walking Class  
5:30pm Salsa Dance Cardio  
New! 6:10pm 8-Minute Blast!

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