



Northampton County Cultural & Wellness Center

Description of Activities

Concealed Weapons Class

Must pre-register and must attend all three classes. This class will certify the student for a concealed weapons permit.

Dancercise- Low-Moderate Intensity

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

Pudden's Ab Ripper - Intermediate-High Intensity

This is a 20-minute (with cool down and stretch) focus on the abdominal section. 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 and integrates the entire core region. Eighteen and up only, with signed release.

Shred Workout- High Intensity

This class is not recommended for the beginner. The class involves 30 minutes of the 3-2-1 workout designed by Jillian Michaels of the Biggest Loser®. Three minutes of strength, two minutes of cardiovascular, and one minute of abs, in three circuits. This workout includes jumping jacks, squat-punches, push-ups and other high intensity moves. This workout gradually becomes more demanding.

Tae Kwon Do - Beginners Welcome and Encouraged

This is an hour-long class taught by a qualified, 2nd degree black belt instructor. First four lessons are free. Purchase of uniform is required. All ages encouraged. Registration required.

Walking for Your Health Class-(Beginner Walking) Low-Moderate Intensity

This class is great for beginners and the senior population. This is a moderate energy, 20-30-minute, walking routine for cardiovascular health and improved balance and coordination. Small hand weights are optional and provided. Sponsored by The Office on Aging.



RECREATION INFORMATION

Youth Softball and Baseball signups end in March

7-18 year olds

Girls Fast Pitch Softball

9-15 year olds

Boys Baseball

*Business After Hours
Thursday, March 18
5pm-7pm*



*Sponsored by
Northampton County
Chamber of Commerce*



Quarterly Fund Raising Dance

Saturday, March 20th at 8pm

*Sponsored by the
Northampton Recreation and
Cultural Arts Center, Inc.*

Contact: Pudden Gorlesky at-534-1303 ext.4

\$5 donation at door



*Second Annual Easter Egg Hunt,
Family Fun Day!*

Saturday, March 27, 2010

*Northampton County Cultural
& Wellness Center*

10:00am -1:00pm

Golden Egg Hunt.....10:00 -11:00

Age Categories: (0-4) (5-9) (10-12)

Lunch.....11:00 -11:45

Basketball Game.....11:45 -12:45

Public is invited to attend

*Sponsored by the Northampton Recreation
Advisory Board*



*Food Distribution
Thursday, March
25
9am-12pm*

2010



**Northampton County
Cultural & Wellness Center**

Pudden S. Gorlesky, MM
Facilities Coordinator
252-534-1303 ext. 4
pudden.gorlesky@nhcnc.net

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>1</p>	<p>2 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #1(ADVANCED) 6:30 Tae Kwon Do</p>	<p>3 12:00pm WEIGHT WATCHERS 5:30pm Shred #1(ADVANCED) 6:00pm Dancercize</p>	<p>4 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #1(ADVANCED) 6:00pm Pudden's Ab Ripper</p>	<p>5 10:30am Dancercize 1:00pm Shred #1(ADVANCED)</p>
<p>8 5:30pm Shred #1(ADVANCED) 6:00pm Pudden's Ab Ripper</p>	<p>9 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #1(ADVANCED) 6:30 Tae Kwon Do</p>	<p>10 12:00pm WEIGHT WATCHERS 5:30pm Shred #2(ADVANCED)</p>	<p>11</p>	<p>12</p>
<p>15 5:30pm Shred #2(ADVANCED) 6:00pm Pudden's Ab Ripper</p>	<p>16 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #2(ADVANCED) 6:30 Tae Kwon Do</p>	<p>17  Good Luck! 12:00pm WEIGHT WATCHERS 5:30pm Shred #2(ADVANCED) 6:00pm Dancercize</p>	<p>18 12:15pm Dancercize 1:00pm Shred #2(ADVANCED)</p>	<p>19 10:30am Dancercize 1:00pm Shred #2(ADVANCED)</p>
<p>22 5:30pm Shred #2(ADVANCED) 6:00pm Pudden's Ab Ripper</p>	<p>23 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #2(ADVANCED) 6:30 Tae Kwon Do</p>	<p>24 12:00pm WEIGHT WATCHERS</p>	<p>25  9am-12pm Food Distribution</p>	<p>26 10:30am Dancercize 1:00pm Shred #3(ADVANCED)</p>
<p>29 5:30pm Shred #3(ADVANCED) 6:00pm Pudden's Ab Ripper</p>	<p>30 12:15pm Dancercize 3:00pm Beginner Walking 5:30pm Shred #3(ADVANCED) 6:30 Tae Kwon Do</p>	<p>31 12:00pm WEIGHT WATCHERS</p>	<div data-bbox="1199 1242 1360 1398" data-label="Image"> </div> <p>March is Colorectal Cancer Awareness Month</p> <p>Be Informed! Go to http://www.preventcancer.org for more information about risk factors and prevention measures.</p>	

....Where wellness and recreation join for the betterment of our citizens....