



**DESCRIPTION OF ACTIVITIES**



**Bootcamp- Moderate-High Intensity**

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 the traditional time of most programs. INSTRUCTOR LED ACTIVITY.



**Dancercise- Low/Moderate Intensity**

Great for beginners! This interactive 30-minutes 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 Mile-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.

INSTRUCTOR LED ACTIVITY. (FITNESS ROOM)

COUNTY OFFICES CLOSED

**JANUARY 1st**

**JANUARY 20th**



**Meeting/Event Snapshot**

**@ THE CENTER**

NEW YEAR'S DAY (COUNTY OFFICES CLOSED)	1/1	CLOSED
MLK HOLIDAY (COUNTY OFFICES CLOSED)	1/20	CLOSED
MLK HOLIDAY CELEBRATION	1/20	9:00AM

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

**NHC RECREATION IN JANUARY**



**Youth Basketball League Continues**  
GAMES PLAYED @ NORTHAMPTON SCHOOL

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.northamptonnc.com/recreation.asp>



DON'T RISK THE TRAFFIC!  
WALK WITH US!  
**INDOOR/OUTDOOR**

**Bonnie Benthall**

Facilities Service

252-534-1303 ext. 4

[bonnie.benthall@nhcnc.net](mailto:bonnie.benthall@nhcnc.net)

**Activity Calendar**

**NORTHAMPTON COUNTY CULTURAL & WELLNESS CENTER**

*MON*

*TUE*

*WED*

*THU*

*FRI*

**JANUARY 2020**

**HOURS OF OPERATION**  
**MON-THU 8:30AM-8PM**  
**FRI 8:30AM-6:30PM**  
**SAT 8:30AM-12:30PM**


**1**

**NEW YEAR'S DAY**



**COUNTY OFFICES CLOSED**

**2**



5:30PM-6:15PM

**3**

**6**




5:30PM-6PM




6PM-6:30PM

**7**




5:30PM-6:15PM

**8**




5:30PM-6PM



6PM-6:30PM

**9**



5:30PM-6:15PM

**10**

**13**




5:30PM-6PM




6PM-6:30PM

**14**




5:30PM-6:15PM

**15**




5:30PM-6PM



6PM-6:30PM

**16**




5:30PM-6:15PM

**17**

**20**


**DR. MLK, JR. DAY**



**COUNTY OFFICES CLOSED**


**MLK CELEBRATION @ WELLNESS CENTER 9:00AM**

**21**




5:30PM-6:15PM

**22**




5:30PM-6PM



6PM-6:30PM


**23**




5:30PM-6:15PM

**24**

**27**




5:30PM-6PM




6PM-6:30PM

**28**




5:30PM-6:15PM

**29**




5:30PM-6PM



6PM-6:30PM


**30**



5:30PM-6:15PM

**31**

**FITNESS ICONS**



**H A P P Y 2 0 2 0 ! ! !**