



BCFC Newsletter

January 2023

BE OUR "Weigh To Go" BUSINESS

This challenge was a huge success last year. Not only did we have an outstanding number of participating businesses, the winning business chose to donate \$500 to the Bouska family.

How amazing is that!

Lets see if we can top that this year.

Choose a Team Name

Weigh in at BCFC Jan 2-6 and pay entry fee of \$10

Final weigh in March 2-3 (must weigh before closing time)

Business with the highest percentage of combined weight loss WINS

Pay Out: Winning business to choose a project/charity to donate to
AND there will be one individual winner

OPEN TO ALL- Not a member? Purchase an 8 week pass for \$80 or ask us about becoming a member



THANK YOU

* All weigh ins must be with staff and a waiver needs to be signed. There will be no exceptions made on times of final weigh ins. Individuals are also welcome to join!

Contact Us

402-395-2244

boonecountyfitness@gmail.com

bcfitnesscenter.com

We would like to thank everyone for their generosity during the Big Give. Through the donations we have received this year and from past years, you have made many upgrades possible. We appreciate each and every one of you.

See page 4 for last years Big Give upgrades

SWIM INSTRUCTOR SPOTLIGHT

Hi, my name is Kelsey Kumm. I first taught swimming lessons and was a Lifeguard at the YMCA in Kearney. I then transferred to the Norfolk family YMCA when I moved. I am now living in the country near Albion where me and my husband farm and raise cattle.



My name is Jenna Callies! I am a personal banker at Cornerstone Bank fulltime here in Albion. At age 13 I started teaching and assisting with swimming lessons at Aquaventure water park in Norfolk. I also became a lifeguard there as well! I swam competitively on the Norfolk Senior High swim team my junior through senior years of high school. I'm very excited to meet all of your kids and help them be comfortable and safe, in and around water!

CURRENT CLASSES

Yoga with Teal: Wed 5:30 pm

Pilates with Kailie: Mon 7:00 pm

Boot Camp with Kailie: Tues/Thur 5:00 am

Good Morning H2O with Melinda: M/W/F 8:30 am

STAR of the month will be changing as we go into the New Year. We will be doing STAR of the season. Then, at the end of the year we will be doing YEAR standouts. Hard work doesn't go unnoticed here at BCFC, we want to reward you.

New Year
New Goals 2023

YOUR BODY
IS A
TEMPLE
ONLY IF
YOU TREAT
IT AS A
RESULT

CURRENT HOURS

MONDAY– FRIDAY

5:30 AM—9:00 PM

SATURDAY

8:00 AM—4:00 PM

SUNDAY

12:00 PM—6:00 PM

POOL CLOSES

1 HOUR BEFORE CLOSE

✱ DON'T FORGET WE
HAVE 24 HOUR

SWIMMING LESSONS

- ◇ Reminder lessons will be starting in January.
- ◇ We still have select spots available, give us a call at 402-395-2244 to get your child signed up.
- ◇ Please check our new website bcfitnesscenter.com for scheduled lessons. (note times shown are when swimming lessons will be held, child needs to be signed up prior)



CHECK
THIS
OUT

9 teams 2 individuals

COMPLETE "Triathlon"

Teams- Cindy Leifeld and Bev Nelson, Jenna Callies and Wendy Carraher, Denee Kunzman and Katie Schwartz, Chuck and Deb Beckwith, John and Kim Buck, Nick and Ashley Krohn, Mikki Mangus and Margo Ketteler, Ashlyn and Avery Krohn, and Mark Kahlandt and Joel Lindgren.

Individuals-

Robert Smith and
Sandy Tenski



New Year's Hours

Dec 31 8am-2pm

New Year's Day Closed

Next Challenge

March Minutes

Gym Masters Club

156 visits/year ask at
the desk if interested

Financial Assistance available

If you know of anyone that could benefit from what we have to offer but could use financial assistance, have them call Melinda at 402-395-2244

NEW EQUIPMENT from Big Give donations last year

