



OCTOBER 2024 BCFC Newsletter



BIG GIVE Dec 2-7, 2024

GAIN & MAINTAIN

Boone County Fitness Center is focused on creating a space that is accessible to all. We want everyone to feel welcome and help them gain and maintain a healthy lifestyle.

With each project we accomplish, our members are getting more tools to enhance their workouts and improved ways to help with accountability. Our goal for this year's Big Give is to take an existing room and turn it into a more comfortable setting for those starting on their weight strengthening journey. It will also be a functional space for members who love the weight room but want more of a private setting. ***Please consider donating to our project during Big Give week and help us to make our next 40 years just as great! We could not accomplish these improvements without your help.***

BCFC has a place for all fitness levels and we encourage you to utilize the facility and gain that healthy lifestyle you deserve!



40 Years of Fitness, A Celebration of Health 🍁

BCFC will be celebrating 40 years in November! We are planning a Spring celebration with food, fun and entertainment.

Boone County School students are participating in a "Design our 40 year t-shirt" contest so be on a look out for those also.

Date will be announced, watch for an email and flyers in the future.
Plan to attend this milestone event. 🍁

CHECKOUT

BCFC UPDATES



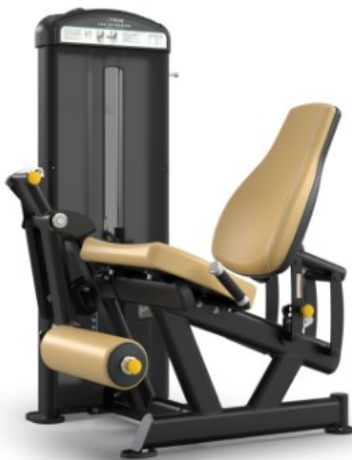
We now have two updated Espresso Virtual bikes. There are many options for different challenges and workouts on these two bikes.



New front door



Leg extension



Hack Squat



Triceps/Biceps



COMING SOON

New equipment coming to the weight room





No-Bake Pumpkin Protein Bites

2 scoops Perfect Keto Vanilla Collagen Powder

3 tablespoons Perfect Keto Nut Butter

½ cup coconut flour

¼ cup almond flour

2 tablespoons stevia or monk fruit sweetener

⅓ cup pumpkin puree

½ teaspoon cinnamon

1 tablespoon pumpkin spice

1 tablespoon milk of choice

1. Add all ingredients to a medium sized bowl and stir until well combined.
2. Scoop out small portions and roll into balls. Refrigerate for 10-20 minutes to firm up.

Yields 10 bites

UPCOMING CHALLENGES TO WATCH FOR

October-

Watch for flyer

Nov/Dec

Triathlon with a Twist

Jan/Feb/March

"Weigh to go Business"
Weight Loss Challenge

Reminder Fall/Winter Hours at BCFC Oct 1st through April 30th

Monday-Friday

5:30 am—9:00 pm

Saturday

8:00 am—4:00 pm

Sunday

12:00 pm—6:00 pm

Pool closes one
hour prior to closing

Watch Facebook for
Winter closings and
Holiday hours

ROOTED YOGA WITH TEAL MONDAYS

Restorative 6:00-7:00 pm

WEDNESDAYS

Vinyasa 5:30-6:30 pm

Members \$5 Nonmembers \$7

ROOTED WITH YOUR BODY,
BREATH, AND MIND

SWIMMING LESSON SIGN-UP



Members: November 1st, 2024



Nonmembers: December 2nd, 2024

School is back into full swing and fall is here.

Here is a refresher on some important rules here at BCFC

- ◇ 24 hr access holders are for that individual only. No one can come in with that holder, this includes children.
- ◇ Children must be 13 years old to use BCFC without an adult .
- ◇ You must be the age of 13 to use all equipment. If anyone is unsure how to use equipment please ask at front desk for proper use.
- ◇ You must be 16 years old to use pool alone. Anyone under 16 must be accompanied by an adult 18years or older.
- ◇ Children are not to be unattended anywhere in the facility (this includes the track).
- ◇ Only persons living in the same household can use the family membership. i.e. friends of children or visitors to your home cannot sign in under the family membership.
- ◇ Individual memberships are for that individual only.
- ◇ Disinfect all equipment used



24 HR ACCESS AVAILABLE

Ask at front desk for details

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 402-395-2244



VISA



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