

BCFC Newsletter

October 2025

Wyatt Nissen - Our Newest Team Member!

We're excited to introduce Wyatt Nissen as the newest member of our team at Boone County Fitness Center!!



Wyatt is passionate about lifting and fitness, and he's here to help you with all things exercise related. Whether you're looking for workout tips, exercise recommendations, or need help using gym equipment, Wyatt's got you covered. He's also an avid fisherman and believes in balancing fitness with outdoor fun.

Wyatt, originally from Albion, graduated from Boone Central High School in 2021. He went on to earn a Bachelor's in Sport Management from Wayne State College, where he also competed on the track team, specializing in short sprints. Wyatt was part of the historic WSC 4x1 men's relay team that won the NSIC conference championships for the first time ever!



Big Give Project!

Carrying out your wishes...

Giving Week December 1 – December 6

#BackingBoone #BCBigGive

For our project this year we will be purchasing items from our survey 'wish list'! We plan to add a kid's height basketball hoop, an updated water rower and more! With your support, we've been able to make incredible progress in the past-adding equipment and completely valuable upgrades. Your generosity does not go unnoticed and we appreciate each and every one of you.



Seasonal Hours

October 1st – April 30th
(pool closes one hour prior)
M-F: 5:30 AM – 9:00 PM
SAT : 8:00 AM – 4:00 PM
SUN : 12:00 PM – 6:00 PM

Our Mission

Dedicated to carrying forward the legacy of our founders, Jim and Elaine Wolf, we deliver accessible, year-round fitness, recreation, and wellness services that strengthen physical health, nurture community ties, and elevate the quality of life in Boone County and surrounding areas.

FAMILY 24 hr Access

Ask at front desk for details
Individual: \$120/year
+Add'l Person: \$180/year
Family: \$240/year

Challenges

October/November

Harvest Your Strength

Track your biggest Bench Press, Squat, Deadlift!

Biggest % increase wins a T-Shirt
Lift smart. Lift heavy. Let's see who levels up the most

November/December

Triathlon Challenge

2-Person Teams

Cover ALL 3:

26.2 mi Run

112 mi Bike

2.4 mi Swim

(84.5 laps)

Each teammate completes 2 of the 3 sports

Upcoming Swim Lessons

2026 Swim Lesson Sign up:

Members - November 3rd (Monday)

Non-members - December 1st (Monday)

October 12th - November 16th (Sunday)

- 10:00AM - 11:45AM (FULL)

November 11th - December 16th (Tuesday)

- 4:15PM - 7:00PM (FULL)

November 1st, 15th, 22nd (Saturday)

- 9:30 - 11:30AM (FULL)

November 3rd - November 20th (M/TH)

- 4:15PM -- 7:15PM (FULL)

WATCH FOR FULL
SCHEDULE ON
FACEBOOK, OUR
WEBSITE &
POSTED AT BCFC!

Parent Tot
Lessons

October 7th, 14th, 21st, and 28th
4:45PM - 5:30PM

Our Updates!

We've upgraded the lighting throughout the facility with brand-new energy-efficient LED lights! You'll notice brighter, cleaner lighting in the lobby, spin room, cardio room, downstairs hallway, and the women's locker room. These improvements not only enhance visibility and atmosphere but also help us reduce energy use and stay eco-friendly.



Rudman Foundation

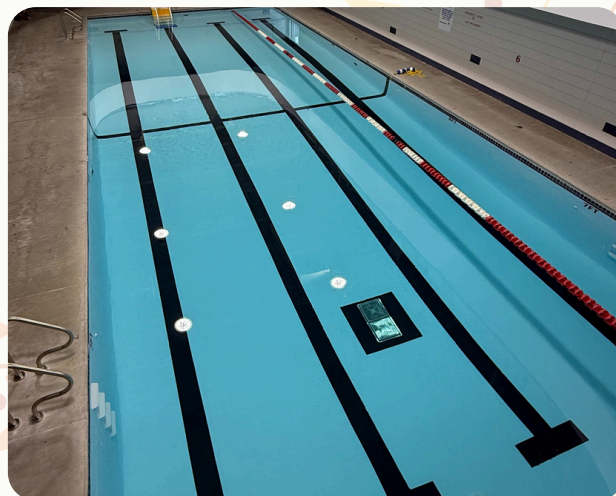
The walls and the pool have been freshly painted for a cleaner, brighter look. We also have a new sitting area for parents while the kids are taking swim lessons. This will be a space to visit, with less distraction for the little ones. Thanks for your patience during the improvements!

Big thanks to the Rudman Foundation for their generous grant that helped us install brand-new railings alongside the pool! They're sturdy, sleek, and make a huge difference in safety and accessibility — we're so grateful for the support!

Holiday Hours

Thanksgiving - Closed
Friday Nov. 28th 8AM- 4PM
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Christmas Eve - 8AM-2PM
Christmas - Closed
Friday Dec. 26th 8AM-9PM



Two Guides, One Beautiful Journey

Our Yoga Team Just Got Even Stronger
Please Welcome Stephanie!



Stephanie has been practicing yoga for 8 years and teaching for 2. As a longtime athlete she was first introduced to yoga as a way to prevent injuries, but quickly realized that it offered much more than physical benefits. Yoga taught her the importance of finding inner stillness, especially in an age of constant distraction.

In her class you can expect a slow, steady and strengthening flow that is designed to build confidence and ease for people of all levels and ages. For the month of October she plans to focus on poses that encourage shoulder tension release and alignment of the spine.

October Yoga Schedule

Rooted Restore – 5:30PM
October 6th, 13th, 20th, 27th

Rooted Flow – 5:30PM
October 1st, 8th, 15th, 22nd, 29th

Yoga with Steph – 5:30PM
October 2nd, 9th, 16th, 23rd

Yoga with Steph – 10:00AM
October 11th and 18th



BOONE COUNTY FITNESS CENTER

527 South 5th Street
Albion NE 68620
(402)395-2244

NOTICE TO MEMBERS OF BOONE
COUNTY FITNESS CENTER
ANNUAL MEETING

NOTICE IS HEREBY GIVEN, that the ANNUAL MEETING of the BOONE COUNTY FITNESS CENTER will be held at the Boone County Fitness Center Albion, Nebraska on Tuesday, October 21, 2025 at 5:30 pm for the election of directors and the transaction of such other business as may properly come before the meeting.

PLEASE SIGN AND RETURN the attached proxy before 5:00 pm on October 21, 2025 by leaving it at the BOONE COUNTY FITNESS CENTER or give it to one of the board members listed below. In the event that you are present at the meeting and desire to do so, you can withdraw your proxy and vote in person

CURRENTBOARD MEMBERS

Jay Wolf Bryce Spann Rich Heidemann Andrew Tunink
Mikki Mangus Teal Hunt Ashley Krohn Brian Yosten

PROXY FOR THE ANNUAL MEETING
OF THE BOONE COUNTY FITNESS CENTER

KNOW ALL MEN BY THESE PRESENT, that I _____ am a voting member of the BOONE COUNTY FITNESS CENTER and hereby appoint and authorize _____ to act as my proxy at the annual meeting to be held on Tuesday, October, 21st 2025 at 5:30 pm and for and on my be- half to vote on any question, proposition or resolution, or any other matter which may come before the meeting or any adjournment thereof upon which I would be entitled to vote if I were personally present.

I shall have the privilege of revoking this proxy if I personally attend the said meeting.

IN WITNESS HEREOF, I have executed this proxy on the _____ day of October 21, 2025

Signature