

January 2024

BCFC NEWSLETTER

The Big Give 2023

10 years=Successful projects because of YOUR generosity

2014-TRX/Dumbbells

2015-Locker Room and Hall Floors

2016/2017-Pool Refinishing, Hot Tub Tile, Drywall

Surrounding Track

2018-Lobby Update

2019-Front Walkway

2020-Gym Fountain

2021-Weight Room Equipment

with expansion

2022- Sauna Door and Bench

2023-Wee Fit Equipment



THANK YOU!!

Boone County Fitness Center
527 S 5th St Albion, NE 68620
402-395-2244

bcfitnesscenter.com

Monday-Friday 5:30 am – 9:00 pm

Saturday 8:00 am - 4:00 pm

Sunday 12:00 pm – 6:00 pm

TOP TEN NEW YEAR'S RESOLUTIONS

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more



Did you know.....

- *Exercise boosts brainpower
- *Movement melts away stress
- *Exercise gives you energy
- *Exercise pumps your heart
- *The human body has 650 muscles
- *Exercise can make you happier

SCHEDULED SWIMMING LESSONS

Jan 8 through Feb 15
M&Thurs 4:15-7:15 pm

Jan Tuesdays
5:00-5:45 pm

Feb 20 through March 7
Tues&Thurs 4:15-7:15pm

March 11-28
M&Thurs 4:15-7:15pm



CONGRATS to the TRIATHLON Finishers



Teams

Emily Krohn-Bev Dailey
Nick Krohn-Ashley Krohn
Mikki Mangus-Margo Ketteler
Wendy Carraher-Jenna Callies
Mitch Nelson-Bev Nelson
Anastasia Travis- Joel Travis

Individual

Doreen Johnston
Mark Kahlandt
Craig Bygland
Sandy Tenski

GET YOUR TEAM READY FOR THE 2024

"WEIGH TO GO "

Business Weight loss challenge

***Choose Team Name**

***Weigh in Jan 2-Jan 5**

***Entry Fee \$10**

***Final weigh in Feb 19-21**

Business with highest percentage of combined weight loss
WINS (based on # of participants per business)

Pay out: Winning business to choose a project/charity to donate to AND one overall individual winner (depending on entries)

OPEN TO ALL- Not a member?

Purchase a pass for duration of challenge for \$60



Keep going after the 2024 weight loss challenge and join MARCH MINUTES.... Be watching for posts and flyers when March gets closer

Benefits of Yoga

Improves Flexibility

Stress Relief

Improves Mental Health

Helps Sleep

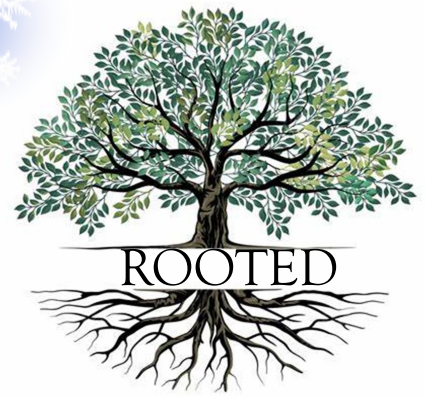
Improves Balance

Better Posture and Body Awareness

HELPS SELF ESTEEM

IMPROVES QUALITY OF LIFE

May reduce anxiety



YOGA WITH TEAL
Every Monday
5:30-6:30

Watch Facebook for
changes/additions

Members \$5
Nonmembers \$7

ROOTED WITH
YOUR BODY,
BREATH, AND MIND

NEED A



SEND
KADE WATTS
A MESSAGE AT
pwcoaching24@gmail.com



All Major Credit Cards Accepted



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facebook®

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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