

# BCFC NEWSLETTER

APRIL 2024

Boone County Fitness Center  
527 S 5th St  
Albion, NE 68620  
bcfitnesscenter.com  
boonecountyfitness@gmail.com



Join us for  
our next  
challenge

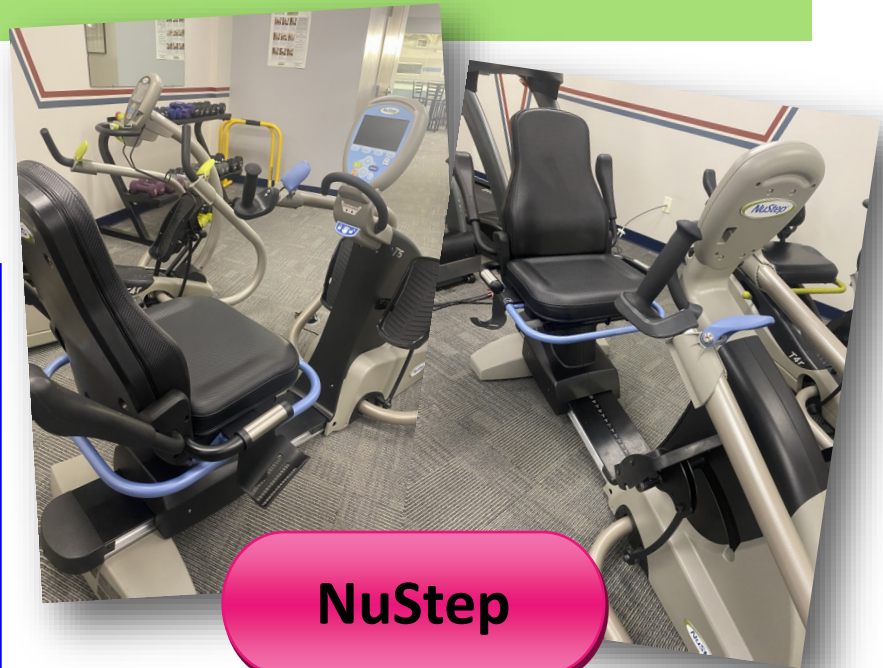
## April Strong Arm for Ashley & Ashleigh

Lets show our support for 2 amazing women, Ashley Pedro and Ashleigh Henn. These two are fighting colorectal cancer and we want to help raise awareness.

**#strongarmselfie**

Grab challenge at desk & ask us  
how posting a selfie can help  
spread awareness!

1 post=\$1 donated to the fight against  
colorectal cancer



**NuStep**

Check out our new NuStep! This piece of equipment was donated by a member and is being put to good use! It is people like you that bring a smile to our faces.

We appreciate your thoughtfulness and dedication to the Center.

We would like to thank **Jason and Teal Hunt**  
for hanging the mirrors in the  
TRX Room and Yoga room.

Also a shout out to **Josh Pedro and Jason  
Hunt** for replacing the sauna bench.



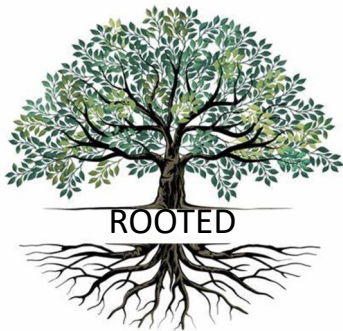
THANK YOU



## Exciting news.....

We will be redoing the floors in the locker rooms and hallway. In order to do this we will be closing the areas affected April 27th.

We apologize for any inconvenience this may cause but promise you'll love the results! Watch Facebook, posted flyers and your email for details and updates as the time gets closer.



### YOGA WITH TEAL

Monday's April 8, 15, 22 at 6:00 pm

Wednesday's April 3, 10, 17, 24 at 5:30 pm

Watch Facebook for changes/additions

Members \$5 Nonmembers \$7

## BCFC RULE REFRESHER

Need to be the age of 13 to visit BCFC without an adult

No children under the age of 13 on equipment

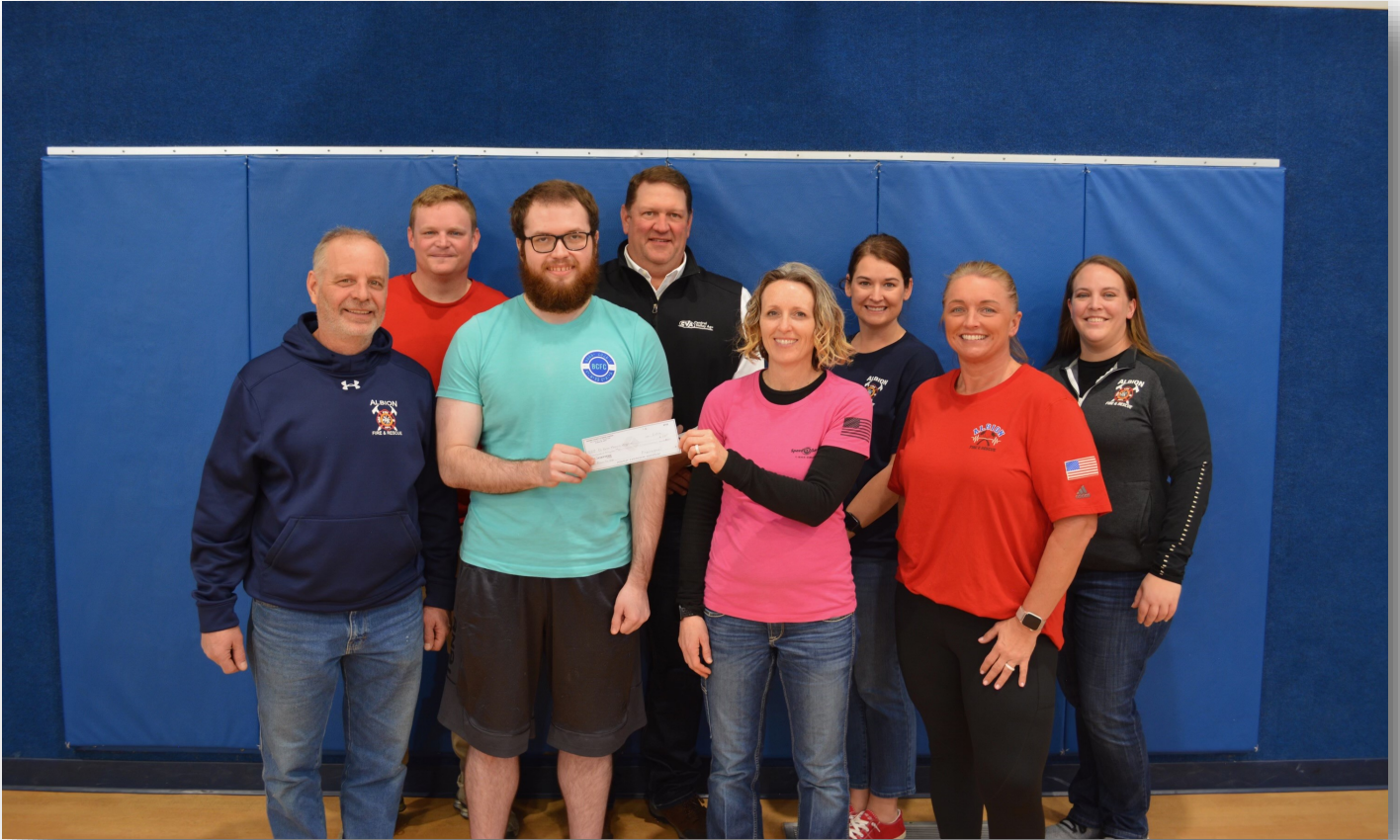
Need to have an adult (18 or older) to use the pool if under the age of 16

24 hour FOB access is for holder of the 24 access only; i.e. no children or other family/friends can come in with the FOB holder

Please be courteous and use the sidewalks, not the grass, to enter BCFC

Rules are posted for each space at BCFC–  
any questions please ask staff





Our 2024 WEIGH TO GO winner is team Fat On Fire, Albion Volunteer Fire Dept. Pictured are members of the team Ray Dozler, Erica Young, Kyle Larson, Paul Rasmussen, Jennifer Molt and Whitney Paulson. The team donated their winnings to the Eli Porter Memorial Playground Project. Presenting the donation to Joann Porter is Joel Lindgren, representing the Boone County Fitness Center. Our overall winner was Ray Dozler with 11.06% weight loss. THANK YOU to all our participants!



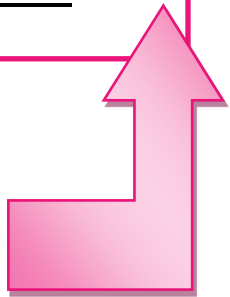
We have sent out a survey so we can better serve our members. If you have not received one or have yet to complete it, please take the time and give us your valuable feedback. There are paper surveys at the desk or you can scan the QR code to the left to take you to the survey.

Thank you for your time!



If you are in need of a personal trainer send Kade Watts a message at [pwcoaching24@gmail.com](mailto:pwcoaching24@gmail.com)

PERSONAL TRAINER



## Scheduled Swimming Lessons

April 2-18 T&Th 4:15-7:15 pm

May 28 (Tues)-June 13 M&TH 4:15-7:15 pm

June 3-14 MMF 1-3 pm

June 24-July 15 (skip 7/4) M&TH 4-6 pm



## 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



All Major Credit Cards Accepted



24 HR ACCESS

AVAILABLE

Ask at front desk