

# July 2024 Newsletter

## Current Members that were also

## Charter Members 40 years ago

Dana & Karen Andersen

Brian & Deb Beckwith

Larry & Linda Bird

Tom Dickey

Kay Flanagan

Forrest & Patricia Francis

Michael & Lori Krohn (s)

Kurt & Jerene Kruse

Paul & Deb Kyncl

Marion Kunzman

Cindy Leifeld

Ron & Mary Levander

Gary McDonald

Steve & Raelynn Bygland (s)

Jerry & Karen Niewohner (s)

Chris Nelson

Laura Nelson +

Rick & Jayne Schack

Carolyn Schmid

Dave & Lisa Skillstad (s)

Rick Spiegel

Jerry & Barb Tisthammer

Jay & Susie Wolf

(s) current supporter member



## Boone County Fitness Center

**Jim and Elaine Wolf** had a longtime dream that turned into reality 40 years ago. With their generosity and vision they were able to give the Albion area the extraordinary gift of the Boone County Fitness Center. They envisioned a place where the community could come together and enjoy the amenities the Fitness Center has to offer. 40 years later, their vision is still going and growing. We will celebrate our 40th Anniversary in November so watch for details and be sure to join us for reflection and fun!

# WHAT'S NEW

HALLWAY AND LOCKER ROOM FLOORS,  
BELOW ARE THE HALLWAY FLOORS



BEFORE



AFTER

## FLOORS

## WEIGHT ROOM RULES

- Must be 13 years of age to use
- Be courteous and respectful of others
- Re-rack weights
- Do not drop weights
- Use equipment for its intended purpose
- Wipe down equipment after use
- Put all items back in its proper place
- Absolutely no horseplay
- No food allowed

## WEE FIT ROOM RULES

- Toddlers age 5 & under only
- Must have Adult Supervision (19 and older)
- No Food
- Drinks need to be spill proof
- Must be a member or pay the fee for use
- Please put away all toys, books etc. after use



## SAUNA



NEW BENCHES AND SAUNA UNIT



## DID YOU KNOW.....

We have a year challenge, it's called the Gym Masters Club. All you have to do is show up and do a full workout 156 times within a year. Struggling to come in on a regular basis? This is a perfect way to create your new habit of a healthier lifestyle. If you are already in the gym a lot, let us recognize that. It's a Club for all members to help encourage you to achieve your goals.



Check out the new pool toys pictured below, thanks to Cornhusker Power Goodwill Fund.  
Please remember to put away after use and treat with respect

### SWIMMING LESSON SCHEDULE

<u>June 24-July 15</u>	M&Th 4-6 pm
<u>July 8-19</u>	M/W/F 1-4 pm
<u>July 18-Aug 5</u>	M&Th 2-6 pm
<u>Sept 10-26</u>	T&Th 4:15-7:15 pm



### JULY CHALLENGE

248 Years of Declaration

In honor of the 4th of July join us for our July Challenge

Complete

48 miles walk/run

48 miles bike

In the month of July





# Rate Changes

Starting July 1, 2024  
rates are as follows:

## PAID IN FULL:

Family: \$659

Individual: \$433

## MONTHLY OUT OF ACCOUNT

Family: \$56

Individual: \$36

## 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



Square



402-395-2244

527 S 5th St, Albion, NE 68620

boonecounyfitness@gmail.com

bcfitnesscenter.com



## NON-MEMBER RATES

### DAILY PASS

Adults: \$10

School Students: \$8  
(includes college)

CHILDREN 4 and under: FREE

### WEEK PASS

Family: \$75    Single \$35

### MONTH PASS

Family: \$155    Single: \$70

### COLLEGE & MILITARY RATES (single only)

Week: \$30

Month: \$50

3 Month: \$100

## SUMMER HOURS

**Monday-Friday**

**5:30am – 8:00pm**

**Saturday**

**8:00am -4:00pm**

**Sunday**

**Closed**

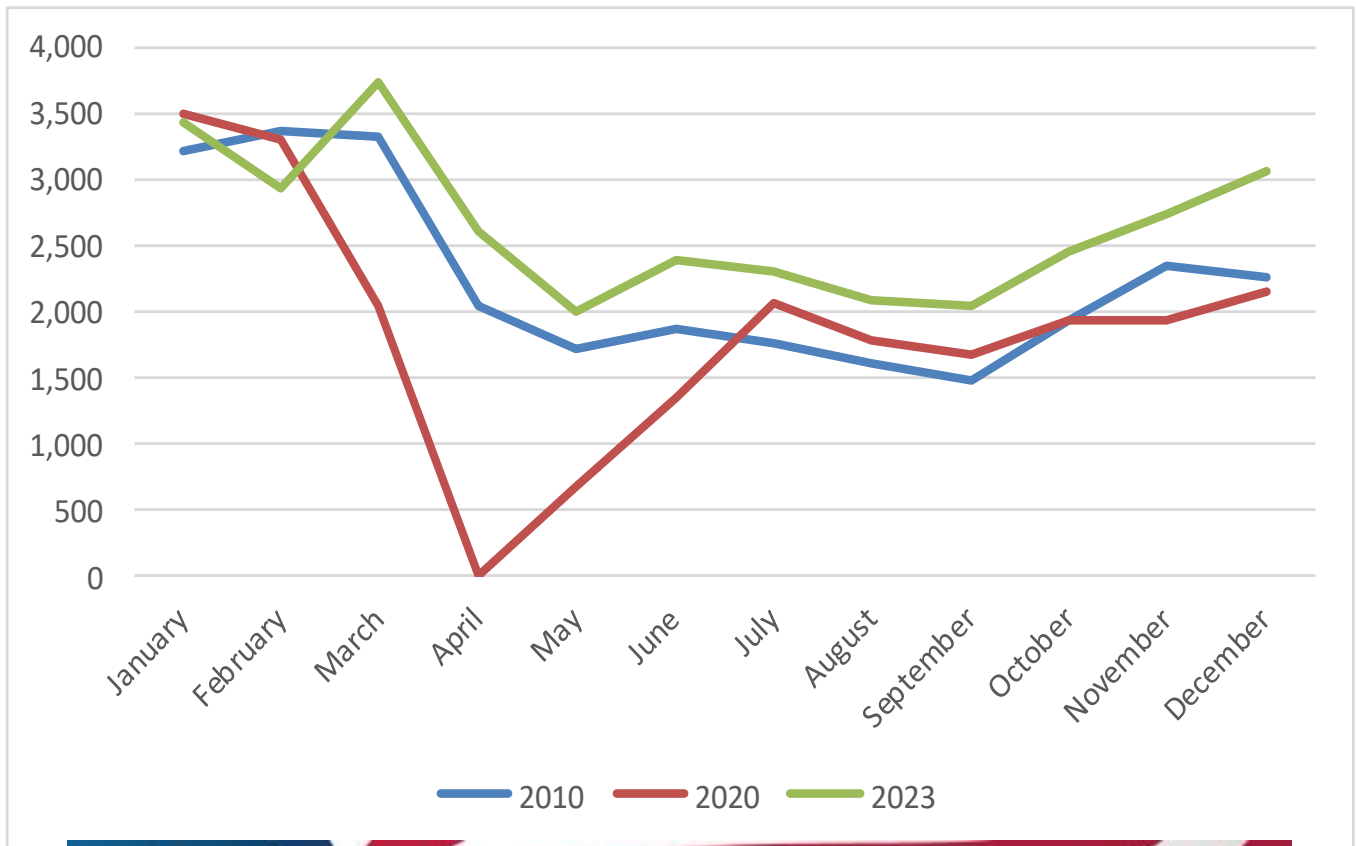
**Pool closes 1hr prior to  
closing**

**24 Access Available**

**Ask at the front desk**

# Member Usage Chart

From 2010, 2020 (Covid) and 2023



happy  
4<sup>TH</sup>  
OF  
July

INDEPENDENCE DAY

