

# BCFC NEWSLETTER

## JANUARY-2026

### 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.

### Our Hours/Holiday 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**

**Wednesday Dec. 31<sup>st</sup> 8AM-2PM**  
**January 1<sup>st</sup> – Closed**

### Swim Lesson Schedule

**January/February/March**  
**Classes will run from:**  
**4:15pm-7:15pm**  
**(Monday, Tuesday and**  
**Thursday )**



### Contact Info

**Phone: (402) 395 - 2244**

**Email:**

**boonecountyfitness@gmail.com**

# A KIND REMINDER!

**Please leave all muddy boots and outdoor shoes at the front door when entering the fitness center. This helps us keep the facility clean and safe for everyone. If you plan to use the treadmills, please bring an extra pair of clean, dry shoes—ice melt and moisture are very hard on the equipment. Please do not walk across the lawn/landscaping! Thank you for helping us care for the facility!**

## Be Mindful

**Please be mindful that the parking lot and sidewalks may be slick or snowy during winter weather. If snow or ice occurs during closed or off hours, these areas may not be cleared right away. Use caution when arriving and leaving to help keep yourself safe.**

## Parents

**Parents, please make sure you and your children are following all rules. Family memberships include your children who are college-age or younger. You may not bring a guest and sign them in under your membership—all guests must pay for their own access. Adults have fobs to check in, and all children must sign in on the clipboard when using the center. Thank you for helping us keep everything running smoothly.**

# BIG GIVE RESULTS!

## Big Give

Here at the Fitness Center we totaled \$4976 in donations! We are extremely thankful for all of you! Look for our purchases that will support the Family Activity Zone and a new kids height basketball hoop in the near future.

## YOGA SCHEDULE

~January~

Monday: 5<sup>th</sup> and 19<sup>th</sup>  
Rooted Restore @ 5:45PM

Wednesday: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
Rooted Flow @ 5:45PM

Saturday: 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>  
Morning Flow @ 10:30AM

## Triathlon Finishers

Big Congrats to our Triathlon Finishers! Mikki Mangus & Margo Ketteler, Rachelle Spence & Tonya Strong, Emily Krohn & Bev Dailey, Nick Krohn & Ashley Krohn, Aimee Albers, Doreen Johnston, and Larry Bird

## Coming Soon: Zumba!

Hello! My name is Stephanie and I am a new Zumba instructor ready to start classes in January at BCFC. I have been involved with some form of Zumba for several years and am so excited to share my love of Zumba with you! Each class is 50-60 minutes filled with a full body workout, great music, and tons of fun! I can't wait to dance into the New Year with you!

# 'WEIGH TO GO' CHALLENGE

Join the "Weigh To Go" Challenge!  
Open to businesses, organizations,  
schools—and now individuals  
working from home (we'll place  
you on a team).  
All entry fees and proceeds will go  
to the **Cardinal Cage!**

The team with the highest percentage of  
combined weight loss wins.

**Dates: Jan 5 – Feb 16 (6 weeks)**

**Cost: \$10 members • \$30 non-members • \$50  
non-members with full facility access for all 6  
weeks. Weigh in & pay:**

**Week of January 5**

We will also have an individual overall winner!  
Get healthy and support The Cardinal Cage!

## THANK YOU BOARD OF DIRECTORS!

We would also like to extend a  
sincere thank-you to our Board of  
Directors for all they do to support  
and guide the center. Your time,  
leadership, and dedication are  
truly appreciated. Thank you to  
Jay Wolf, Bryce Spann, Rich  
Heidemann, Andrew Tunink, Mikki  
Mangus, Teal Hunt, and Ashley  
Krohn for your continued service  
and commitment.

## 24 HOUR ACCESS RULES

To ensure everyone's safety and  
security, please remember that you  
must be 19 years or older to have a  
24/7 access agreement. This access  
is for you only, unless you have  
purchased 24/7 access for another  
adult or for your family.

**Individual: \$120/year  
+Add'l Person: \$180/year  
Family: \$240/year**

No one else may enter or use the  
facility with your key fob or access  
privileges unless they are included in  
your purchased plan. Unauthorized  
entry will result in loss of access.  
Thank you for helping us keep the  
center secure for all members.