

BCFC Newsletter

April - 2026

Did you Know?

Blue Cross Blue Shield annual fitness reimbursement of \$300 can be used at BCFC for your membership dues. Individual out-of-pocket is \$146 per year, and for a family it is \$379 per year. Wow, what savings!

What is Gym Masters?

All you have to do is show up and do a full workout 156 times for 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.



Working out 3x/week is 156 days
Your year starts the first workout you log. Hit your 156th workout in a year and receive your name on the Gym Masters member board plus a t-shirt.

Summer Reminder!

As summer approaches and more families begin using the fitness center, we'd like to remind everyone of our age policy to ensure a safe environment for all members. Individuals must be at least 13 years old to use the fitness center independently. Anyone under the age of 13 must be accompanied by an adult who is at least 18 years old at all times while in the facility.

Thank you for your cooperation and for helping us maintain a safe and welcoming space for everyone!

March Minutes Challenge Results

We're excited to announce the results of our
March Minutes Challenge!

First Place Team

Congratulations to Eduardo Gracia, Airy Diaz,
and Jeff Young for taking first place with an
impressive combined total of 5,408 minutes!

Top Three Individuals

A special shoutout to our top individuals

Eduardo Gracia - 3,303 minutes

Andrea Rodrigues - 3,115 minutes

Diane Schumacher - 2,716 minutes

Thank you to everyone who participated and
made this challenge a success. Keep up the
great work and stay active!

Weigh To Go Challenge Results

TOP 3 INDIVIDUAL PERCENTAGE

LOSSES

1st Place - John Buck
6.96% weight loss

2nd Place - Teal Hunt
6.76% weight loss

3rd Place - Denny Johnson
5.98% Weight Loss

TEAM RESULTS

1st Place - The Donut Distancers
12.94% total weight loss

2nd Place - The Hunts
11.4% total weight loss

3rd Place - The Pace Makers
7.3% total weight loss

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Introducing The Cardinal Cage!

Introducing the Cardinal Cage Indoor Sports Facility at the Albion Sports Complex
We're excited to share an update on the Cardinal Cage, a new indoor, multi-use athletic facility designed to support youth sports, families, and year-round recreation in Boone County. The Cardinal Cage will feature indoor batting, pitching, and training space that can be used for baseball, softball, and general athletic development, providing a much-needed indoor option during Nebraska's unpredictable weather.

Membership to the Cardinal Cage will be \$20 per month per family. Cardinal Cage members will receive 24/7 access via a key fob, allowing families and individuals to train on their own schedule. To ensure availability for casual use, certain time slots will be reserved exclusively for open member access, while other times may be scheduled for organized activities. All availability and reservations will be clearly displayed on a public, online calendar.

Youth athletes participating in organized sports teams (such as baseball or softball) will be able to schedule and use the facility at no cost when the space is reserved as part of an official team practice or event.

The Boone County Fitness Center will assist with membership sign-up, key fob issuance and automatic monthly payments, making it easy for families to get started. More details on access, scheduling, and availability will be shared soon. We're proud to support this community asset and look forward to seeing the Cardinal Cage become an additional option for youth sports, family fitness, and year-round activity in Boone County.

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Upcoming Fitness Center Classes!

April Yoga!

Rooted Flow With Teal:
Wednesday Nights! at 5:45PM
1st, 8th, 15th, 22nd, and the 29th

Sunset Flow With Steph!
Thursday Evenings at 5:45PM
2nd, 9th, 16th, 23rd, 30th

Follow Our
Facebook page
for Future
Classes!

Melinda's H2O Class!

Hosted every
Monday,
Wednesday, and
Friday! @8:30AM



Zumba With Stephanie! April Classes!

April 1st, 8th, 15th, 22nd, and
29th! @ 7PM!

April 2nd @ 4PM
April 3rd @ 6AM
April 6th, 9th, 13th and 16th
@5:30PM

April 11th @7AM
April 14th, 27th
@4PM!

24-Hour Access Available!

Want to come in at any time? Miss the rush? Get yourself 24-hour access and work out whenever it fits your schedule!

Yearly 24/7 Access Rates:

- \$120 - One person
- \$180 - One person + additional person
- \$240 - Family access

Train on your time, anytime!

Swim lesson Schedule

Posted on Pool Doors Monthly!
You can also call us to ask when lessons take place!

Classes still available starting in May and new schedule for fall/winter!
Contact us to get on the list!

Contact Information!

Phone: (402) 395 - 2244

Email:

boonecountyfitness@gmail.com

Website:

bcfitnesscenter.com

Hours

REMINDER OUR HOURS CHANGE ON MAY 1ST SEE BELOW

October 1st - April 30th
M-F: 5:30 AM - 9:00 PM
SAT: 8:00 AM - 4:00 PM
SUN: 12:00 PM - 6:00 PM

May 1st - Sep 30th
M-F: 5:30 AM - 8:00 PM
SAT: 8:00 AM - 4:00 PM
SUN: CLOSED
(Pool closes one hour prior)