Be inspired or inspire someone you care about to become more active this winter. Try out free exercise classes, add walking for exercise, and learn more about healthy eating and fitness. Most programs are FREE and offered at Bluffton Family Recreation (BFR). All water exercise classes are held at Maple Crest!

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Jan. 16** | **Jan. 17** | **Jan. 18** | **Jan. 19** | **Jan. 20** | **Jan. 21** |
|  | FREE CLASS- Low Impact Aerobics 10AM  \*\*ADULT LEAGUE- Volleyball  7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PM  DEMO- Kettle bell, Bosu Ball, and Medicine Ball-  11:00AM | FREE CLASS- YogaFit (@ the library)  6:30PM | FREE WALKING- 5:30AM- 9:00PM  DEMO- Body Fat Testing with Calipers  8:00-11:00AM | DEMO- Nutrition for Kids & Open Play 11AM  FREE PLAY- Family Night 6:00-8:00PM | DEMO- Intro to the Cable Crossover 10:30AM |
|  |  |  |  |  |  |  |
| **Jan. 22** | **Jan. 23** | **Jan. 24** | **Jan. 25** | **Jan. 26** | **Jan. 27** | **Jan. 28** |
| FREE WALKING-  1:00- 5:00PM | FREE CLASS- All Star Aerobics 8:30AM  \*\*ADULT LEAGUE- Volleyball  7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PM  FREE PLAY- Adult Pickle ball  11:00AM | FREE WALKING- 5:30AM- 9:00PM  DEMO- Stability Ball  6:00PM | DEMO- Balance & Stretching  11:00AM | FREE WALKING- 5:30AM- 9:00PM  FREE PLAY- Quick Start Tennis- 4:30PM | DEMO- Intro to the Fitness Center 10:30AM |
|  |  |  |  |  |  |  |
| **Jan. 29** | **Jan. 30** | **Jan. 31** | **Feb. 1** | **Feb. 2** | **Feb. 3** | **Feb. 4** |
| DEMO- Intro to the Cable Crossover 1:00PM | FREE PLAY- Sholf 11AM  \*\*ADULT LEAGUE- Volleyball  7:00-10:00PM\*\* | FREE CLASS- Water Exercise I- 9:30AM & II- 8:30AM  Silver Sneakers Breakfast-  9:00AM- RSVP | FREE WALKING- 5:30AM- 9:00PM  FREE PLAY- Adult Women's Bball  9:00-10:00PM | FREE WALKING- 5:30AM- 9:00PM  FREE CLASS- Strength & Flexibility  10AM | FREE WALKING- 5:30AM- 9:00PM  Healthy Heart Day- Wear Red and get a prize! | FREE CLASS- Zumba  9AM |
|  |  |  |  |  |  |  |
| **Feb. 5** | **Feb. 6** | **Feb. 7** | **Feb. 8** | **Feb. 9** | **Feb. 10** | **Feb. 11** |
| FREE WALKING-  1:00- 5:00PM | FREE CLASS- Water Exercise I- 9:30AM & II- 6PM  \*\*ADULT LEAGUE- Volleyball  7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PM  DEMO- Walking with Weights  10:00AM | DEMO- Nutrition for Kids & Open Play 11AM FREE PLAY- MS/HS Soccer 3:30-5:30PM | FREE WALKING- 5:30AM- 9:00PM  FREE PLAY- Adult Volleyball  8:00-10:00PM | FREE CLASS- YogaFit  8:30AM  FREE PLAY- Youth Dodge ball  3:30- 4:30PM | FREE WALKING-  8:00AM- 9:00PM |
|  |  |  |  |  |  |  |
| **Feb. 12** | **Feb. 13** | **Feb. 14** | **Feb. 15** | **Feb. 16** | **Feb. 17** | **Feb. 18** |
| MEMBERSHIP  COUPON DAY  Purchase today & Save $10 on any BFR membership! | FREE WALKING- 5:30AM- 9:00PM  \*\*ADULT LEAGUE- Volleyball  7:00-10:00PM\*\* | FREE CLASS- TBC  7:30AM  DEMO- Body Fat Testing with Calipers  8:00-11:00AM | DEMO- Nutrition  5:30PM | FREE PLAY- Sholf 11AM  DEMO- Kettle bell, Bosu Ball, and Medicine Ball-  7:00PM | FREE WALKING- 5:30AM- 9:00PM  FREE PLAY- Adult Men's Bball  12:00-1:00PM | DEMO- Nutrition 10AM |
|  |  |  |  |  |  |  |
| Feb. 19 | Feb. 20 | **Feb. 21** | **Feb. 22** | **Feb. 23** | **Feb. 24** | **Feb 25** |
| FREE WALKING-  1:00- 5:00PM | FREE WALKING- 5:30AM- 9:00PM  \*\* Columbus Crew Camp 2:00-5:00PM  Cost- $50.00  Ages 6-14\*\* | FREE CLASS- Zumba  6PM  DEMO- Stability Ball  10:00AM | FREE PLAY- Adult Soccer  7:00-9:00PM | FREE CLASS- Cardio Sculpt  6PM  DEMO- Balance & Stretching  7:00PM | FREE WALKING- 5:30AM- 9:00PM | FREE WALKING-  8:00AM- 9:00PM |

All events are FREE (unless noted\*\*) and OPEN TO THE PUBLIC and are sponsored by Bluffton Family Recreation. For the Columbus Crew Camp you will need to register online at www.thecrewyouth.com. Adult Volleyball League is $100 per team and you must register as a team by January 9th!