



Six weeks of fitness and recreation programs to inspire everyone to keep active! Try out free exercise classes, use the indoor track, and participate in recreational activities with family and friends. Programs planned for all ages; most are offered without charge. BFR (Bluffton Family Recreation) is a non-profit organization offering "lifelong fitness opportunities."

Sunday	Monday Jan. 20	Tuesday Jan. 21	Wednesday Jan. 22	Thursday Jan. 23	Friday Jan. 24	Saturday Jan. 25
	FREE CLASS - Low Impact Aerobics 10 AM FREE PLAY - 1:00-3:00 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - Cardio & Strength 6 PM	FREE CLASS - YogaFit (@ the library) 6:30 PM FREE PLAY - Adult Soccer 7-9 PM	FREE WALKING - 5:30 AM - 9:00 PM DEMO - Intro to Fitness Center 7 PM	FREE Family Night 6:00-8:00 PM + Presidential Active Lifestyle Award Challenge + Health Fair (Hosted by BU & ONU students)	FREE WALKING - 8:00 AM - 9:00 PM
Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30	Jan. 31	Feb. 1
FREE WALKING - 1 - 5 PM	FREE WALKING - 1 - 5 PM DEMO - Balance/Stretching 10 AM	FREE - Silver Sneakers Breakfast 9:30 AM (Must RSVP) DEMO - Decreasing your Salt intake 10:30 AM (BU Dietetics Students) Olympic Game - Corn Hole Tourney 7-9 PM	FREE CLASS - All Star Workout 8:30 AM FREE PLAY - MS/HS Indoor Soccer 3:30 - 5:30 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - Strength & Flexibility 10 AM	FREE PLAY - Open Play 10AM - 12PM DEMO - Nutrition for Kids 10:30-11 AM (BU Dietetics Students)	FREE PLAY - Family Play 7-9 PM
Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7	Feb. 8
FREE WALKING - 1 - 5 PM	FREE - FIT 4 LIFE Nutritional Meeting 5:30 PM (BU Dietetics Students) FREE CLASS - Ultimate Fit 6 PM	FREE CLASS - TBC 7:30 AM DEMO - Intro to Cable Cross Over 10 AM Olympic Game - Dodge Ball Tourney 7-9 PM	FREE WALKING - 5:30 AM - 9:00 PM DEMO - Intro to Medicine Ball/Stability Ball/BOSU 7 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - Water Exercise II 8:30 AM I - 9:30 AM	Healthy Heart Day (BU Dietetics Students Heart Display) FREE - Coffee Walk 8:30-10 AM	FREE - Silly Saturday Preschool Program 8:30-10 AM
Feb. 9	Feb. 10	Feb. 11	Feb. 12	Feb. 13	Feb. 14	Feb. 15
FREE WALKING - 1 - 5 PM	FREE PLAY - Adult Men's Basketball 12 - 1 PM FREE CLASS Aqua Zumba 6:00 PM	DEMO - Heart Healthy Cooking 6:30 - 8 PM (BU Dietetics Students) Olympic Game - Dodge Ball Tourney 7-9 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE PLAY - Adult Women's Basketball 9 - 10 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - All Star Workout 5:30 PM	FINAL SHOE DRIVE DAY!!!! FREE - Family Night 6-8 PM Presidential Active Lifestyle Award Check-In	FREE WALKING - 8:00 AM - 9:00 PM
Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21	Feb. 22
COUPON DAY Purchase today & Save \$10 on any BFR Membership FREE WALKING - 1 - 5 PM	FREE CLASS - All Star Workout 8:30 AM FREE - FIT 4 LIFE Active Meeting - Kettlebell 5:30 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - Cardio & Strength 6 PM	FREE PLAY - Adult Men's Basketball 12 - 1 PM FREE PLAY - Adult Soccer 7-9 PM	FREE WALKING - 5:30 AM - 9:00 PM FREE CLASS - TBC 7:30 AM	FREE CLASS - YogaFit 8:30 AM FREE PLAY - Youth Dodge Ball 3:30 - 4:30 PM	FREE PLAY - Family Play 7-9 PM
Feb. 23	Feb. 24	Feb. 25	Feb. 26	Feb. 27	Feb. 28	
FREE WALKING - 1 - 5 PM	FREE WALKING - 5:30 AM - 9:00 PM DEMO - Intro to Fitness Center 10:00 AM	FREE - Silver Sneakers Breakfast 9:30 AM (Must RSVP) Olympic Game - 3v3 Basketball Tourney 7-9 PM	DEMO - Intro to Cable Cross Over 7:00 PM FREE CLASS - Water Exercise I 9:30 AM	FREE WALKING - 5:30 AM - 9:00 PM Presidential Active Lifestyle Award Display in BFR Lobby	FREE PLAY - Adult Men's Basketball 12 - 1 PM FREE PLAY - Family Dodge Ball Night 6 - 8 PM	



January 20- February 28, 2014

Since 2004, BFR has been providing 6 weeks of wellness programming each winter for individuals and families in the Bluffton-area. Included on the schedule are designated dates for free use of the Indoor Track, free attendance to group fitness classes, free access to recreational activities, as well as learning sessions on exercise and nutrition. The Keeping Active program meets our non-profit organization's mission to "provide lifelong fitness opportunities".

*All programs are FREE unless otherwise noted!

Learning Sessions- Bring your questions! Bluffton University graduate students in Dietetics will lead the nutritional sessions and BFR Staff Trainers will lead the exercise sessions..

Balance and Stretching- Learn the proper stretching techniques and exercises to improve your balance. (Jan. 27)

Nutrition for Kids- Learn more about healthy snacking for your children. (Jan. 31)

Stability Ball, BOSU, and Medicine Ball- Learn how to use all the new equipment out on the market. (Feb. 5)

Fit 4 Life Nutritional Meeting – Learn about BFR's group support program for healthy body image and the Bluffton University Dietetics Graduate Students will be sharing information about nutrition (Feb. 3)

Fit 4 Life Active Meeting – Join in a fun kettle bell workout led by our trainer, Amy Byers! (Feb. 17)

Intro to the Cable Crossover- Learn new exercises for the cable crossover machine. (Feb. 4 and Feb. 26)

Intro to the Fitness Center- Get a tour of our fitness center and learn how to use all the equipment properly. (Jan. 30, Feb. 20)

Decreasing your Salt intake - Learn about decreasing the amount of salt used in daily diets (Jan. 28)

Heart Healthy Cooking - about healthy recipes (Feb. 11)

Healthy Heart Day- wear RED to support Healthy Hearts plus learn about heart health (Feb. 7)

Walking Days- All ages are welcome to use the indoor track during all building hours.

Especially for Seniors - Adults over the age of 55 years are welcome to participate.

Coffee Walk – A special walking day; come walk the track and enjoy a cup of coffee on us! (Feb. 7)

Silver Sneakers Breakfast- Breakfast provided by Richland Manor. Join other senior adults for a time of fellowship and information about senior programs. RSVP by January 24th for January's breakfast and February 21st for February's breakfast.

Family Events - Bring your kids to BFR to get moving without charge on the listed days!

Family Play Night - The gymnasium will be open for informal recreation by parents and children. (Jan. 24, Feb. 1 & 14)

Family Open Play - A variety of sports equipment will be provided for this informal playtime between young children and their caregivers. This is also a great time to meet other parents and toddlers (Jan. 31)

Family Dodge Ball - Come out and join other families and show off your dodge ball skills. All ages welcome! (Feb. 28)

Family Challenge- Register to be part of BFR's Presidential Active Lifestyle Group and take part in 6 weeks of activity and nutrition tracking. Log-on www.presidentschallenge.org to register yourself or your family.

Kick-Off Event & Health Fair- Bluffton University's Dietetic Graduate Students and Ohio Northern Pharmacy students will provide helpful information about nutrition, heart health, prescriptions and immunizations. (Jan. 24)

Active Lifestyle Award Display - BU Dietetics students will display PALA progress of its participants in BFR lobby (Feb. 27)

Youth Events - No daily fee on these dates

Preschool Silly Saturday- Children ages 3-6 years will challenge their bodies and minds. RSVP required by Feb.4 (Feb. 8)

Open Dodge Ball (K-7 grade) - Join the fun of informal dodge ball play in the gym on Friday afternoon. (Feb. 21)

Drop-in Recreation- Both the arena and gymnasium will be available for open play on this school holiday (Jan. 20)

MS/HS Open Soccer- Join the fun for informal soccer play in the arena. (Jan. 29)

Group Fitness Classes-Attend a new or favorite exercise class without any fee on designated dates.

Adult Recreation - Drop in to try out BFR's sport facilities without guest fees on these days!

Olympic Games Challenge- Get into the Olympic spirit by participating in cornhole, dodge ball, and 3v3 basketball tournaments (Jan. 28, Feb. 11, & Feb. 25) This is a team challenge; deadline to register is January 23! **Cost per team: \$60

Men's Basketball	Mon. Feb. 10	12-1PM	Informal basketball for adults
	Wed. Feb. 19	12-1PM	Informal basketball for adults
	Fri. Feb. 28	12-1PM	Informal basketball for adults.
Coed Basketball	Wed. Feb. 12	9-10PM	Informal basketball for adults
Adult Soccer	Wed. Jan. 22	7-9PM	Informal soccer for adults.
	Wed. Feb. 19	7-9PM	Informal soccer for adults.

Related Events-

Final Used Shoe Drive Day – Help raise funds for BFR operations by donating used shoes (in any condition) by February 14.

Coupon Day - Purchase a membership on this day and save \$10 on any BFR membership (Feb. 16)

