

Keeping Active 2015



January 19- February 27, 2014

The entire community is invited to be more active this winter! This annual promotion offers free fitness, physical activity, nutrition and general wellness events. Adults and Children of all ages should find something to do on the schedule. BFR, in conjunction with Bluffton University and other businesses, is coordinating all activities. Bluffton Family Recreation (BFR) operates as a community-centered, non-profit organization focused on providing a wealth of fitness, wellness and educational opportunities to the communities it serves.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jan. 19	Jan. 20	Jan. 21	Jan. 22	Jan. 23	Jan. 24
	FIT 4 LIFE Kick Off Meeting New members welcome 6-7:00 PM FREE DEMO – Exercise for Seniors 10:30 AM @ Maple Crest Patio RM	FREE WALKING 5:30AM-9PM FREE CLASS Water Exercise 2 8:30-9:15AM Maple Crest Pool	FREE WALKING 5:30AM-9PM FREE PLAY Adult B-Ball 9-10 PM	FREE CLASS PK Music & Motion 4-4:30PM FREE WALKING 5:30AM-9PM	FREE Kick Off Event 6:00-8:00 PM BFR Gym *Includes informational booths, games, activities, and registration for the BINGO challenge	FREE WALKING 8AM – 9 PM
Jan. 25	Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30	Jan. 31
FREE WALKING - 3 - 6 PM	FREE CLASS All Star Workout 8:30-9:30AM FREE PLAY MS/HS Soccer 3:30-5PM	FREE WALKING 5:30AM-9PM FREE Nutrition Info The value of Whole Grains & Fiber (BU Dietetics Students) 9-9:30AM	FREE PLAY Open Play 11 AM – Noon FREE Sport Training SPARK session 5:15-5:45PM	FREE CLASS Strength & Flex 10-11AM FREE DEMO Full Body Stretching 7-7:30PM	FREE CLASS Yoga Fit@ 8:30-9:30AM FREE WALKING 5:30AM-9PM	KIDS PROGRAM PK Silly Saturday 8:45-10 AM \$2 *registration required
Feb. 1	Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7
FREE WALKING - 3 – 6 PM	FREE WALKING 5:30AM-9PM FREE FIT4LIFE MEETING 6-7PM	FREE CLASS Silver Sneakers@ Classic 11-11:45AM Adult Tournament 6v6 Dodgeball 7-9PM \$5 team fee	FREE CLASS All Star Workout 8:30-9:30AM FREE PLAY Adult Open Soccer 7-9PM	FREE CLASS TBC 7:30AM FREE DEMO Stability Ball & Bosu Workout 7-7:30PM	FREE WALKING - Coffee Walk 8:30 - 10 AM FREE PLAY Adult Basketball 12-1PM	FREE FAMILY EVENT 8:30-10AM Indoor Track Run/Walk
Feb. 8	Feb. 9	Feb. 10	Feb. 11	Feb. 12	Feb. 13	Feb. 14
FREE WALKING 3- 6 PM	FREE CLASS Aqua Zumba@ 6-7PM Maple Crest Pool	FREE DEMO Athlete Stretching 8-8:30PM Adult Tournament 2v2 Cornhole 7-9PM \$5 team fee	FREE WALKING 5:30AM-9PM FREE DEMO Older Adult Stretch 9:30-10AM	FREE ACTIVITY Get Active for parents/children 4-4:30PM FREE CLASS All Star Workout 6-7PM	FREE ACTIVITIES Healthy Heart Day Open Play 10:30-noon Walking Challenge 8AM-8PM	FREE WALKING - 8:00 AM - 9:00 PM
Feb. 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21
FREE WALKING - 3 - 6 PM	FREE CLASS Low Impact Aerobics 10-11AM BFR Gym FREE FIT4LIFE MTG Healthy Grocery Shopping Tour 6-7PM	FREE CLASS Cardio & Strength 6-7PM Adult Tournament 3v3 B-Ball 7-9PM \$5 team fee	FREE WALKING - 5:30 AM - 9:00 PM FREE DEMO Tiny Tots 10-10:30AM	FREE CLASS Water Exercise 1 & 2 8:30 & 9:30AM Maple Crest Pool FREE Sport Training SPARK session 8-8:30PM	FREE WALKING - Coffee Walk 8:30 - 10 AM FREE INFO Healthy Grocery Shopping Tour 12-1PM	FREE FAMILY PLAY Open Gym 5-9 PM
Feb. 22	Feb. 23	Feb. 24	Feb. 25	Feb. 26	Feb. 27	
FREE WALKING - 3 - 6 PM	FREE WALKING 5:30AM-9PM FREE CLASS Water Exercise 1 9:30-10:15AM Maple Crest Pool	FREE CLASS TBC 7:30AM & 3:45PM	FREE WALKING 5:30AM-9PM FREE CLASS Yoga Fit@ 6:30-7:30PM Bluffton Library	FREE DEMO Kettlebell & Medicine Ball Workout 7-7:30PM	FREE PLAY Dodgeball 3:30-5PM CLOSING PROGRAM 5:30-7PM	

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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 and held at BFR unless otherwise noted!

Kick-Off Event, Friday, Jan. 23 from 6-8PM- Bluffton University's Dietetic Graduate Students and BFR Staff will provide helpful information AND activities about nutrition and exercise. Register for this year's MY PLATE CHALLENGE BINGO to track your activity and nutritional changes, too.

Closing Event, Friday, Feb. 27 from 5:30-7PM- Turn in your BINGO card for prizes and play some games together!

Learning Sessions- Bring your questions! Our local resources include Bluffton University graduate students in Dietetics, and BFR Staff Trainers.

Athlete Stretching (Feb. 10)- Avoid injury by learning proper techniques for stretching during sport training and lifting.

Full Body Stretching- (Jan. 29) Join Trainer, Rechelle Bischoff to learn how to properly stretch your body after workouts.

Fit 4 Life Group –(Jan 19, Feb. 2 & Feb. 26) Learn about BFR's group support program for healthy body image. The group meets twice monthly for nutritional information, group feedback and exercise. All ages and sizes are welcome. Sessions are free during Keeping Active; regular fee is \$20 per month for non-members.

Healthy Grocery Shopping (Feb. 16 & 20) -Meet at Community Market© to tour the store with Bluffton University Interns to find healthy options.

Healthy Heart Day (Feb. 13)- wear RED to support Healthy Hearts plus learn about healthy foods; we challenge you to record miles walked, too!

Kettlebell & Med Ball (Feb. 26)- Learn how to use this equipment for full-body training with trainer, Rechelle; equipment is provided.

Stability Ball & BOSU (Feb. 5)- Trainer, Rechelle Bischoff will demonstrate exercises; equipment is provided.

The Value of Whole Grains & Fiber- (Jan. 27) Learn how to include more whole grains into your diet & the importance of doing so.

FREE Walking Days- (Jan. 20, 22, 24, 25, 27, 30, Feb. 1, 2, 6, 7, 8, 11, 14, 15, 18, 20, 22, 23, 25). All ages are welcome to use the indoor track.

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

Coffee Walk (Feb. 6 & 20)- A special walking day; come walk the track and enjoy a cup of coffee on us!

Exercise for Seniors- (Jan. 19) Kelly Honse will lead this 30 minute exercise session at Maple Crest. The focus of the session will be strength and flexibility.

Low Impact Aerobics (Feb. 16) - Try out a free session of this aerobic and weight training class modified for older adults.

Older Adult Stretch (Feb. 11)- Stretching is an important part of staying flexible, learn how to safely stretch.

Silver Sneakers Classic© Class (Feb. 3)- Enjoy a free session of this strength & cardio class which is included free with a Silver Sneakers© membership BUT is open to everyone.

Strength & Flex Class (Jan. 29)- Enjoy a free session of this chair-based exercise class

Options for Play - Drop in at BFR to get moving on the listed days!

Adult Open Soccer (Feb. 4) - Informal soccer for adults from 7-9PM.

Adult Open Basketball (Jan. 21, Feb. 6) Informal basketball for adults

Free Family Play (Feb. 21)- The gymnasium will be open for informal recreation by parents and children.

Free Play (Jan. 28, Feb. 13)- Parents/caregivers and young children are invited to participate in our Open Play sessions (usual fee is \$1 per child).

Family Dodge Ball (Feb. 27 Closing Event)- Come out and join other families and show off your dodge ball skills. All ages welcome!

Family Walk/Run (Feb. 7)- Challenge the entire family for an early morning jog or walk at BFR.

Get Active Families (Feb. 12)- Parents and young children are invited to be active together for 30 minutes.

Music & Motion (Jan. 22)- Parents and young children are invited to "move with the music" for 30 minutes.

Preschool Silly Saturday (Jan. 31) - Children ages 3-6 years will challenge their bodies and minds. Fee: \$2, registration required by Jan. 28.

Youth Dodge Ball (Feb. 27) - Youth in grades k-8 are welcome to join the fun of informal dodge ball play in the gym on Friday from 3:30-4:30PM

MS/HS Open Soccer (Jan. 26)- Join the fun for informal soccer play in the arena.

Tiny Tots Demo (Feb. 18)- Bring your young children for a 30 minute session of major motor activities.

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

All Star Workout (Jan. 26, Feb. 4 & 12) Total Body Conditioning (TBC) (Feb. 5 & 24) Cardio & Strength (Feb. 17)

Water Classes at Maple Crest: Aqua Zumba© (Feb. 9) Water Exercise 2 (Jan. 20, Feb. 19) Water Exercise 1 (Feb. 19 & 23)

Yoga Fit© at Bluffton Library (Feb. 25) Yoga Fit© at BFR (Jan. 30)

Adult Tournaments - Drop in for mini-sport tournaments during this promotion for Bragging Rights!

Teams need to register no later than 6PM on the tournament day.

Basketball (Feb. 17)- Teams will play 3v3 on half-court for this tournament; team fee is \$5

Cornhole (Feb. 10)- Bring a friend for a round-robin challenge; team fee is \$5

Dodgeball (Feb. 3)- Gather 6 friends for a half-court challenge; team fee is \$5

Youth Sport Performance Training & Conditioning- Athletes ages 11-17 are invited to try out our SPARK programs

SPARK (Jan. 28, Feb. 19)- Drop in sessions include agility, strength and endurance drills under the direction of a BFR trainer

Sponsors- Bluffton University Community Markets Greg's Pharmacy Maple Crest Senior Living