

Keeping Active 2016



January 18- February 26

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. 18	Jan. 19	Jan. 20	Jan. 21	Jan. 22	Jan. 23
	FREE CLASS Water Exercise 1 9:30-10:15am Maple Crest Pool	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 WALKING 5:30AM-9PM	FREE WALKING 5:30AM-9PM	FREE WALKING 8AM - NOON
Jan. 24	Jan. 25	Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30
FREE WALKING - 3 - 6 PM (During Soccer Hours)	FREE CLASS All Star Workout 8:30-9:30AM FREE PLAY MS/HS Soccer 3:30-5PM	FREE WALKING 5:30AM-9PM	MS/HS OPEN SOCCER FREE WALKING 5:30AM-9PM		FREE OPEN PLAY 11AM-NOON FREE WALKING 5:30AM-9PM	FREE CLASS YOGA FIT AT BFR
Jan. 31	Feb. 1	Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6
FREE WALKING - 3 - 6 PM (During Soccer Hours)	FREE WALKING 5:30AM-9PM (During Soccer Hours)	Silver Sneakers® Classic 11-11:45AM	FREE CLASS All Star Workout 8:30-9:30AM Adult Open Soccer 7-9PM	FREE CLASS TBC 7:30AM	FREE WALKING 5:30AM-9PM FREE PLAY Adult Basketball 12-1PM	FREE FAMILY EVENT 8:30-10AM Indoor Track Run/Walk
Feb. 7	Feb. 8	Feb. 9	Feb. 10	Feb. 11	Feb. 12	Feb. 13
FREE WALKING 3 - 6 PM (During Soccer Hours)	FREE CLASS Aqua Zumba® 5-6PM Maple Crest Pool	FREE WALKING 5:30AM-9PM	FREE WALKING 5:30AM-9PM FREE PLAY Adult B-ball 9-10PM	FREE WALKING 5:30AM-9PM	FREE ACTIVITIES Healthy Heart Day Open Play 11AM-noon Walking Challenge 8am-5pm	FREE WALKING - 8:00 AM - 9:00 PM
Feb. 14	Feb. 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20
FREE WALKING - 3 - 6 PM (During Soccer Hours)			FREE WALKING - 5:30 AM - 9:00 PM Tiny Tots 10-10:30AM	FREE CLASS Water Exercise 1 & 2 8:30 & 9:30AM Maple Crest Pool	FREE WALKING 5:30AM - 9PM	FREE FAMILY PLAY Open Gym 6-9 PM
Feb. 21	Feb. 22	Feb. 23	Feb. 24	Feb. 25	Feb. 26	
FREE WALKING - 3 - 6 PM (During Soccer Hours)	FREE WALKING 5:30AM-9PM (During Soccer Hours) Water Exercise 1 9:30-10:15AM Maple Crest Pool	FREE CLASS TBC 7:30AM	FREE WALKING 5:30AM-9PM Yoga Fit® 6:30-7:30PM Bluffton Library	FREE WALKING 5:30AM-9PM FREE FAMILY PLAY FREE CLASS YOGA FIT AT BLUFFTON LIB.	FAMILY OPEN GYM 6-9PM	