

Sponsored by:

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.

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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**  Water Exercise 1  9:30-10:15am  Maple Crest Pool | **FREE WALKING**  5:30AM-8PM 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-8PM | **FREE WALKING**  8AM – NOON |
|  |  |  |  |  |  |  |
| **Jan. 22** | **Jan. 23** | **Jan. 24** | **Jan. 25** | **Jan. 26** | **Jan. 27** | **Jan. 28** |
| **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-8PM | **FREE WALKING**  5:30AM-9PM |  | **FREE OPEN PLAY**  11AM-NOON  **FREE WALKING**  5:30AM-8PM  **FREE CLASS**  YOGA FIT at BFR |  |
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| **Jan. 29** | **Jan. 30** | **Jan. 31** | **Feb. 1** | **Feb. 2** | **Feb. 3** | **Feb. 4** |
| **FREE WALKING** -  3 – 6 PM  (During Soccer Hours) | **FREE WALKING** 5:30AM-8PM(During Soccer Hours) |  | FREE CLASS  All Star Workout  8:30-9:30AM  Silver Sneaker Classic  9:45am-10:45am | FREE CLASS  TBC 7:30AM | **FREE WALKING**  5:30AM-8PM  **FREE PLAY**  Adult Basketball  12-1PM | **FREE FAMILY EVENT**  8:30-10AM  Indoor Track Run/Walk |
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| **Feb. 5** | **Feb. 6** | **Feb. 7** | **Feb. 8** | **Feb. 9** | **Feb. 10** | **Feb. 11** |
| **FREE WALKING**  3- 6 PM  (During Soccer Hours) | **FREE CLASS**  Aqua Zumba©  5-6PM  Maple Crest Pool | **FREE WALKING**  5:30AM-8PM | **FREE WALKING** 5:30AM-9PM | FREE WALKING 5:30AM-9PM | FREE ACTIVITIES Open Play 11AM-noon  Walking Challenge  8am-5pm  **FREE CLASS**  Silver Sneakers Classic | **FREE WALKING** -  8:00 AM - 6 PM |
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| **Feb. 12** | **Feb. 13** | **Feb. 14** | **Feb. 15** | **Feb. 16** | **Feb. 17** | **Feb. 18** |
| **FREE WALKING** -  3 - 6 PM  (During Soccer Hours) |  |  | **FREE WALKING** - 5:30 AM - 9:00 PM | FREE CLASS Water Exercise 1 & 2  8:30 & 9:30AM  Maple Crest Pool | **FREE WALKING**  5:30AM - 8PM  **FREE CLASS**  TINY TOTS  10-10:30AM | **FREE FAMILY**  **PLAY** |
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| Feb. 19 | Feb. 20 | **Feb. 21** | **Feb. 22** | **Feb. 23** | **Feb. 24** |  |
| **FREE WALKING** -  3 - 6 PM  (During Soccer Hours) | **FREE WALKING**  5:30AM-8PM  (During Soccer Hours)  Water Exercise 1  9:30-10:15AM  Maple Crest Pool | FREE CLASS  TBC 7:30AM | **FREE WALKING**  5:30AM-9PM FREE CLASS Yoga Fit©  6:30-7:30PM Bluffton Library | **FREE WALKING**  5:30AM-9PM  **FREE FAMILY PLAY** | **FAMILY OPEN GYM**  6-8PM |  |

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!

***FREE Walking Days-* (Jan. 17, 18, 19, 20, 21, 22, 24, 27, 29, 30, Feb. 3, 5, 7, 8, 9, 11, 12, 15, 17, 19, 20, 22, 23)** All ages are welcome to use the indoor track.

***Especially for Seniors- Adults over the age of 55:***

**Water Exercise for Seniors- (Jan. 16 & 17, Feb. 16)** Kelly Honse will lead this 30 minute exercise session at Maple Crest. The focus of the session will be strength and flexibility.

**Silver Sneakers Classic© Class (Feb. 1 & 10)-** Enjoy a free session of this strength & cardio class which is included free with a Silver Sneakers© membership BUT is open to everyone.

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

**Adult Open Basketball (Jan. 18, Feb. 8)** Informal basketball for adults.

**Free Family Play (Feb. 23)-** The gymnasium will be open for informal recreation by parents and children.

**Free Play (Jan. 27, Feb. 10)-** Parents/caregivers and young children are invited to participate in our Open Play sessions (usual fee is $1 per child).

**Family Walk/Run (Feb. 4)-** Challenge the entire family for an early morning jog or walk at BFR.

**Get Active Families (Feb. 10)-**  Parents and young children are invited to be active together for 30 minutes.

**Tiny Tots - Feb. 17**

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

**Total Body Conditioning (TBC) (Feb. 2 & 21) Water Classes at Maple Crest: Aqua Zumba© (Feb. 6)**

**Water Exercise 2 (Jan. 17, Feb. 16) Water Exercise 1 (Jan. 16 & Feb. 16)**

**Yoga Fit© at Bluffton Library (Feb. 22) Yoga Fit© at BFR (Jan. 27)**

***Sponsor-***  ****