

Keeping Active 2012



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!

Sunday	Monday Jan. 16	Tuesday Jan. 17	Wednesday Jan. 18	Thursday Jan. 19	Friday Jan. 20	Saturday 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!