

### BFC HOURS

**Monday—Friday**

5:00 a.m. to 9 p.m.

**Saturday**

7:00 a.m. to 5 p.m.

**Sunday**

1—5 p.m.

**Phone:** 402-729-6139

**Website:**

JCHhealthandlife.org

# October 2024



JEFFERSON COMMUNITY  
**Health & Life**  
BURKLEY FITNESS CENTER

*Be Active. Be Healthy  
Be A Better You*

# Fit For Life

A JCH&L Burkley Fitness Center Publication



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Vol. 28—Issue 10

## Fitness Classes At The BFC

Now that summer is over, the temps may push you indoors for your workouts. Fall is a great time to begin one of our Fitness Classes. Here is what the BFC offers:

### Water Aerobics—9 a.m. M W F & 5:30 p.m. M Th

Water based exercise provides minimal stress on joints. Great for arthritis and muscle related problems.

### Senior Armchair—9 a.m. and 10 a.m. T Th

Designed especially for seniors, this class concentrates on movements mostly in a seated position utilizing free weights.

### Lifting With Free Weights—6 a.m. M W F

This class uses free weights to work all the major muscle groups in the body. Great for anyone wanting to learn free weight exercises. Formally called Circuit Training.

### Body Pump—12:15 p.m. M W & 5:15 T Th & 9 a.m. Sat

This high rep, high intensity class uses a barbell to challenge all of your major muscle groups while you squat, press, lift and curl. All exercises are choreographed to music.

### Zumba—5:30 p.m. M W

This is an exercise class that provides a full body workout using dance movements. It follows choreography that works the leg muscles, arm movements and squats that help glutes and core.

### Tai Chi—11 a.m. M W

This is a gentle form of exercise that increases balance, flexibility, strength, endurance and mental concentration.

### Circl Mobility—7 a.m. T Th & 6:30 p.m. Wed

This is our newest class and it focuses on flexibility, breathwork and mobility exercises. It may help reduce stiffness and tension and speed up recovery while improving balance and focus.

### Mobility—12:15 p.m. T F and 6:30 p.m. M Th

This Pilates based class helps strengthen muscles, improve postural alignment and increase flexibility.

### Senior Yoga—10 a.m. M W

This senior yoga class focuses on various yoga movements in a seated or standing position, never on the floor. It can help with balance, flexibility and general overall health.

All classes are FREE to members! Join one today!



## JEFFS GONE M.A.D. RUN/WALK

### TEE SHIRTS FOR SALE

If you would like a Jeffs Gone M.A.D. tee shirt, they are available at the BFC for \$15 each. All proceeds still go to Jeffs Gone M.A.D.

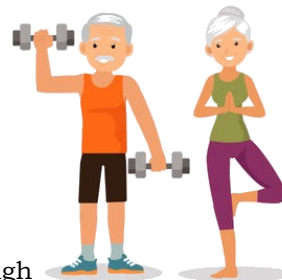


## SENIOR MEMBERSHIP SPECIAL

The Burkley Fitness Center will be offering a special on Senior Memberships, beginning Sept. 16 and running through October 31. Any senior can buy a 6-month membership for \$180. Senior plus spouse memberships can be purchased for \$205 for 6 months. A senior is

considered to be anyone 59 years of age and older. Stop by the Fitness Center or call 402-729-6139 for more information.

Let's stay fit for life!



**T-shirt clue:** set the bar high

## MONTHLY TEE SHIRT GIVEAWAY

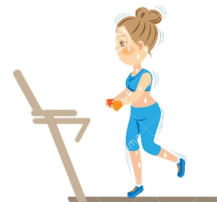
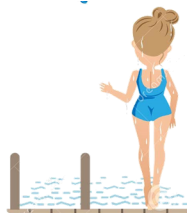


Congrats to Robin Dittmer for finding the Sept. tee shirt. Search for the clue in this newsletter for the October t-shirt giveaway! Only one shirt per person.

**DID YOU KNOW.....**regular exercise can reduce fatigue? The thought of working out might make you feel exhausted, but if you actually get up and move your body, you'll likely find you feel invigorated! Physical activity is known to

boost energy levels and can also minimize fatigue by helping you sleep better. It's important to note though that some

chronic conditions may be exacerbated by the wrong type or amount of exercise. In these situations, it's important to talk to your health professional for advice.



**PUSH HARDER TODAY THAN  
YESTERDAY  
IF YOU WANT A DIFFENT  
TOMORROW**



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CHANGE SERVICE REQUESTED

# Recipe of the Month: **Pumpkin Sheet Cake**

**Ingredients:**

1 cup whole wheat pastry flour	1 cup all purpose flour	1 TB pumpkin pie spice
2 tsp baking powder	1 tsp baking soda	1 tsp salt
1 cup pumpkin puree	3/4 cup water	3/4 cup granulated sugar
1/4 cup packed brown sugar	1/4 cup vegetable oil	1/2 tsp vanilla



**Frosting**

1 tsp vanilla	4 oz reduced fat cream cheese	2 TB unsalted butter, softened
2 cups confectioner's sugar, divided		

**Directions:**

1. Preheat oven to 350 degrees. Line a 9 x 13 inch metal baking pan with parchment paper, allowing it to overhang the edges. Coat with cooking spray.
2. Whisk flours, pumpkin pie spice, baking powder, baking soda, and salt in a large bowl. Add pumpkin, water, sugars, oil and 1/2 tsp vanilla. Whisk until smooth. Scrape the batter into the prepared pan and spread into an even layer. Bake 25 to 30 min. or until a toothpick inserted in center comes out clean. Cool before frosting.
3. For Frosting: Place cream cheese and butter in a bowl and mix on high until smooth. Slowly add 1/2 cup confectioners' sugar and beat on med speed to combine. Add another 1/2 cup confectioners sugar and 1 tsp vanilla; beat to combine. Add the remaining cup of confectioners sugar. Beat on high until smooth and fluffy.
4. Spread the frosting on the cooled cake in an even layer. Enjoy!

Recipe courtesy of : EatingWell