

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

December 2021

JEFFERSON COMMUNITY

Health & Life

Be Active. Be Healthy
Be A Better You

BURKLEY FITNESS CENTER



Fit For Life

A JCH&L Burkley Fitness Center Publication



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Vol. 25—Issue 12

2022 MEMBERSHIP SPECIALS

Get a jump on your New Years Resolutions with one of our NEW MANAGER SPECIALS! Buy a 3- or 12-month membership through Dec. 31 and get 10 percent off a 3-month membership or one FREE month with a 12-month membership. Current members who refer a new member that purchases at least a 3-month membership will earn a free month to be added to their current membership.

As always, group fitness classes are free to members and the first group fitness class is FREE to non-members. For questions regarding our membership specials, please call the Fitness Center for more details. Lets get moving early in 2022!!



BFC GIFT CERTIFICATES AVAILABLE

Looking for a gift for that hard-to-buy-for person or for someone who wants stay or get active? Give the gift of health with a Burkley Fitness Center gift certificate. Numerous options are available for purchase, including personal training, individual or family memberships, monthly or annual memberships and many more options! Call or stop by the Fitness Center to get your loved one the GIFT OF HEALTH!

Call 402-729-6139 for more information.

Miracle On The Square Reindeer Fun Walk

On Friday, Dec. 3, get into the holiday spirit by participating in the 5th annual JCH&L Burkley Fitness Center Reindeer Fun Walk. This walk is once again a part of the Miracle On The Square event put on by the Fairbury Chamber of Commerce. Check-in will begin at 5 p.m. at 5th and E streets and the walk will begin at 5:30 p.m. Registration fee is \$5 and includes lighted antlers participants can wear during the walk. Pre-register at the BFC anytime before Dec. 3. This fun walk is open to all ages—



younger walkers are always encouraged to join in the fun! Walk-ins are welcome the day of the walk. There will be no rescheduling due to weather and no refunds. Walk will take place around the courthouse square. Exercise is so important especially this time of the year to help combat stress, lack of daylight, overeating holiday treats and much more. Start off this holiday season by joining others and getting into the festive spirit while having fun and moving! Check out all the activities during Miracle on the Square.

For questions call 402-729-6139.



HOLIDAY HOURS

Friday, December 24

Open 5 a.m. to 5 p.m.

Saturday, Dec. 25—Christmas Day

CLOSED ALL DAY

Sunday, December 26

Regular hours (1 p.m. to 5 p.m.)

Friday, Dec. 31, New Years Eve

Open 5 a.m. to 5 p.m.

Saturday, Jan. 1 New Years Day

Open 7 a.m. to 5 p.m.

Sunday, January 2

Regular hours (1 p.m. to 5 p.m.)

**HAVE A SAFE & HAPPY
HOLIDAY SEASON!**

MEMBER INQUIRY

If for any reason members want to freeze or cancel their membership, please contact the Fitness Center to let us know. An annual one lump sum payment contains a freeze privilege. Bank drafts DO NOT have the freeze privilege. Bank drafts will continue to be withdrawn until members contact the BFC to cancel their membership. Members must also contact the BFC if changes need to be made to their bank draft account. Please keep in mind that memberships are NOT automatically removed from our system because of inactivity.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Flakiest Apple Turnovers**

No need to ditch the apple pie this holiday season due to caloric concerns as this perfectly proportioned individual turnover has on 200 calories!! Double the recipe for your holiday dessert.

Ingredients:

2 sheet puff pastry, defrosted	2 cup water	1 cup sugar
6 Granny Smith apples	1/2 tsp cinnamon	1/4 tsp ground ginger
1/4 tsp nutmeg	juice of 2 lemons	2 egg whites, lightly beaten

Directions:

1. Flour a working surface and roll each puff pastry sheet into a 9 x 15 rectangle. Cut each rectangle into 6 equal squares. Refrigerate until needed.
2. Bring the water and sugar to a boil in a large saucepan.
3. Peel and core apples, cut into 1/2 chunks. Toss the apples with cinnamon, ginger, nutmeg and lemon juice, then add to the sugar mixture and simmer until the liquid thickens, 5 to 7 minutes. Set aside to cool
4. Preheat oven to 425 degrees. When the mixture cools, spoon 2 to 3 TB of the apples onto the puff pastry squares, off center.
5. Fold the pastry over the apple filling to make the triangle and seal the perimeter by pinching the edges or pressing the ends of a fork into the dough.
6. Place turnovers on a baking sheet and brush with the egg white. Bake until dough is crispy and golden brown, about 12 to 15 minutes.



*Recipe by Eat This Not That