

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

August 2023



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. 27—Issue 8

A GREAT TIME FOR ALL “FITNESS IS FUN” KIDS!

Two sessions of Fitness is Fun were held at JCH&L Burkley Fitness Center, a team effort of the Burkley Fitness Center and Jeffs Gone M.A.D. The first session was for youth entering Kindergarten through second grade, and the second was for youth entering third through sixth grades.

The goal of the program is to help kids move their bodies, learn about healthy activity and eating, and make lifetime fitness fun. Fitness Center Manager Jen Johnson planned and lead the activities, with help from Jeffs Gone M.A.D. volunteers. The program included a wide variety of fitness activities and games, and a healthy snack.

This year's program had 20 participants in the younger age group and 12 in the older age group. A number of members of Jeffs Gone M.A.D. volunteered.



NEW SCHOOL YEAR

NEW CLASS!

With the new school year beginning, our Martial Arts will be starting back up as well.

Martial Arts, offered by Fairbury Family Martial Arts, are on Mondays and Thursdays.

*Kids (4-15) - 6:30 p.m. to 7:15 p.m.

*16 and over—7:15 to 8:15 p.m.

Class fee is payable to instructor Mr. Neil Stoklund. Burkley Fitness Center members get discounted rates.



DID YOU KNOW....

swimming and water aerobics are great forms of exercise because they incorporate BOTH cardio and strength training? It is also considered “low impact” so it's easy on your joints.

You don't need to lift weights in order to get stronger. Strength training is simply creating work for you muscles through resistance. This can be done in many way, including exercises in the pool!



ANNUAL POOL MAINTENANCE

The BFC annual pool and spa maintenance for 2023 will begin on Friday, Aug. 25, with tentative reopening date on Friday, Sept. 8. Both the pool and spa will be CLOSED during the entire maintenance process. Please watch for updates on the white board at the Fitness Center entrance and on Facebook. Please keep updated on the repainting process as the fumes in the Fitness Center can be rather strong and may impact certain members differently.



If you use our pool regularly and want to stay active during this time, feel free to try out our cardio and weight training equipment or join one of our many classes. Our staff will be happy to assist you in any way possible.

Maintaining our pool and spa is essential and doing it at this time of year allows us to minimize down time during our busier winter months. We appreciate your patience on this matter.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Twice Baked Spaghetti Squash**

Spaghetti squash is in abundance in our gardens this time of year! This tasty recipe is healthy and easy to make.

Ingredients:

2 large spaghetti squash	Non-aerosol olive spray	salt and pepper
1/2 cup extra virgin olive oil	4 cloves garlic, grated	1 tsp red pepper flakes
1/2 cup freshly chopped parsley	2TB fresh thyme, chopped	2 cups mozzarella cheese
1 cup grated Parmigiano-Reggiano or pecorino cheese		

Directions:

1. Preheat oven to 450 degrees. Line a large baking sheet with foil, then parchment.
2. Halve the spaghetti squash across, trimming the top vine and shaving the bottom a bit. Scoop out seeds. Spray the squash lightly with olive oil season with salt and pepper and roast about 40 to 45 min., cut-side down.
3. Heat olive oil (about 1/2 cup) over low heat. Swirl garlic in oil with pepper flakes, about 2 min. Remove from heat.
4. Shred squash with fork and toss with one-fourth of the garlic oil, 2 TB of the parsley and 1/4 cup grated parm in each squash. Top with shredded mozzarella and bake 3 to 5 minutes to bubble and brown the mozzarella cheese. Top with thyme and serve.

Recipe by Rachel Ray

