

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

September 2025



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

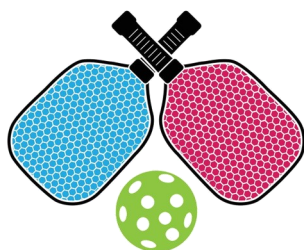
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Vol. 29—Issue 9

PICKLEBALL TOURNAMENT

The BFC will support the Hope Crisis Center by sponsoring its first ever **Pickleball Tournament** on Saturday, Sept. 13. This tourney will be held at the Fairbury City Park legion baseball field courts and Community Building if needed. Cost is \$30 per mixed doubles team.

Beginner (3.4 and below) will compete from 10 a.m. to noon. Intermediate/Advanced (3.5 and higher) will compete from noon to 2 p.m. Pre-registration is encouraged, but not required. Call the Burkley Fitness Center at 402-729-6139 for more information.



Get ready to serve, dink and smash your way to victory while supporting a great cause:
Hope Crisis Center.

BFC Labor Day Hours

The Burkley Fitness Center will be **OPEN** on Monday, Sept. 1 from

6 a.m. to 2 p.m.

**HAPPY
 HOLIDAYS!**



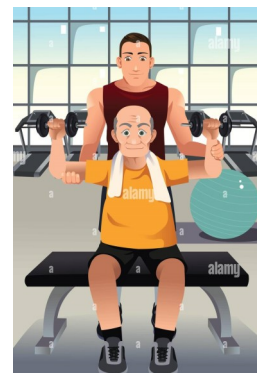
PERSONAL TRAINING AT BFC

Need a little help figuring out your workouts in order to obtain your goals? Or maybe you just can't stay motivated and need that weekly push. A personal trainer may be your answer!

The BFC offers personal training for members and non-members. Sessions are \$35 per hour or you can choose from several different package deals. A personal trainer can benefit anyone: a young athlete trying to get better at their sport, a middle aged adult that wants to lose weight or even the older adult that just wants to regain some strength and balance.

Please call or stop by the Fitness Center for more information.

Start your training today!



BFC Shirts Available

We have a big selection of JCH&L shirts available for purchase. Many new colors have arrived! Sizes are small to 3 XL for all styles of shirts. Prices (including tax) are:
 Short sleeve—\$16.13
 3/4 sleeve—\$19.35
 Long sleeve—\$18.28
 Sweatshirt—\$19.35



DID YOU KNOW.... 'Organic or 'gluten-free' doesn't mean healthy? A gluten-free diet is a nutritional plan that strictly excludes gluten, which is a mixture of prolamin proteins found in wheat, as well as barley, rye, and oats.



There are many health trends in the world today and both organic and gluten-free are becoming increasingly popular. However, just because something is organic or gluten-free doesn't necessarily mean that it's healthy. You can make junk foods from organic ingredients just as well as non-organic ones. Foods that are naturally gluten-free are fine, but gluten-free processed foods are often made with unhealthy ingredients that may even be worse than their gluten-containing counterparts. The truth is, organic sugar is still sugar and gluten-free food can still be junk food.



Membership Cancellation Reminder

This is a reminder that if you decide to cancel your membership from the BFC, **please turn in your membership cards.** This can be done by just dropping them in the mail (no envelope needed) or bringing them into the Fitness Center and dropping them off at the front desk. This would be very much appreciated!

JEFFERSON COMMUNITY
Health & Life
 BURKLEY FITNESS CENTER

Drop in any mailbox,
 postage guaranteed.
 Burkley Fitness Center
 PO Box 277
 Fairbury, NE 68352

Membership Card



CHANGE SERVICE REQUESTED

Recipe of the Month: Apple Zucchini Baked Breakfast Oatmeal

Ingredients : Wet

1 med. Zucchini (excess water squeezed out)	1/2 c unsweetened applesauce	2 eggs, room temperature
1 c unsweetened almond milk	1/4 c pure maple syrup	1 tsp vanilla extract
2 TB melted butter		

Ingredients: Dry

2 c old fashioned rolled oats	1 tsp baking powder	1 tsp cinnamon	1/2 tsp allspice
1/2 tsp ginger	1/4 tsp nutmeg	1/4 tsp salt	1 c finely chopped honey crisp apples

Optional: 1/4 c raisins and 1/3 c finely chopped pecans or walnuts

Glaze: 2 TB vanilla yogurt 1 TB powdered sugar 1/4 tsp cinnamon 1/4 tsp vanilla extract
 1-2 tsp almond milk (more may be needed so glaze is thin enough to drizzle)

Directions:

1. Preheat oven to 350 degrees. Spray a 8x8 baking dish with nonstick cooking spray.
2. In a med. Bowl, mix together all "wet" ingredients until well combined.
3. Next, stir in dry ingredients. Fold in diced apples, raisins and nuts.
4. Spread out oatmeal mixture in the prepared pan. Add thinly sliced apples on top if you like. Bake for 35 to 40 min until edges are slightly golden and center is set.
5. In a small bowl, mix together the glaze ingredients (you may need to add additional milk so you can drizzle it) and drizzle on top of oatmeal. (You can skip the glaze and use maple syrup instead).

