

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

January 2026



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. 30—Issue 1



Come try out a possible new class: Strength, Flexibility and Balance!

As we start a new year, JCH&L Burkley Fitness Center wants your input on a new class we are trialing: Strength, Flexibility and Balance (SFB) lead by Bryce Milke, certified personal trainer.

a regular basis. Please come and try it out (one or both sessions)! All classes are free for members. These trial classes will also be free for non-members. Give us your input on the class and its timing.

Join us for a trial class on either Thursday, Jan. 8, or Thursday, Jan. 15 at 5:30 p.m. in the basketball court. It will be a half-hour trial class. If the response is good, we hope to begin offering this class on

The class is designed to be low impact and highly effective. It would be a great class for those who know they need to do some strength training, but don't know where to start.

Youth Swim Set for Friday, Jan. 2

JCH&L Burkley Fitness Center will offer a youth swim event on Friday, Jan. 2, for youth in grades 1 through 6.

The lifeguarded swim gives youth the opportunity to swim from 1:30 p.m. to 3:30 p.m. without a parent or guardian present. The event is free for members, and \$3 per youth for non-members.

Registration is limited. Pre-registration is required. Forms available at the Fitness Center desk—or for more information call 402-729-6139.



Personal Training Available

Need help keeping your New Year's resolution?

Try out personal training with Bryce Milke, certified personal trainer. Personal training is \$35 per session—and package deals are available.

Bryce offers a free no-obligation consultation that includes a walk-through of fitness center machines.

Member and non-member rates are available.

Schedule your appointment today!

New Limited Pool membership

If you love water aerobics and get your exercise in the pool, we have a new special membership category that might help you stay fit!

Starting in January 2026, we will have a limited pool membership available. This is an individual pool only membership for \$27 per month with a 12-month contract (\$300 per year.) The year end special does not include this new special membership.

Year-end Holiday Membership Special Goes though Jan. 12

Let us help you get a jump on your New Year's resolutions!

JCH&L Burkley Fitness Center is offering a year-end membership special. The special will be available to purchase from Dec. 1 through Jan. 12, 2026.

**Buy a 12-month membership and pay IN FULL
 and receive 15 percent off!**

**Buy a 3-month membership and pay IN FULL
 and receive 10 percent off!**

Stop in at the fitness center desk to purchase!

New time, days for Circl Mobility™

Change in class time! Starting Jan. 5, 2026, Circl Mobility™ will be on Monday and Wednesday evenings at 5 p.m.

Mercedes Gonzalez Dominguez teaches this 30-minute class that helps you move better, longer! Try it out on its new times and days!

Maintain Don't Gain Continues Through Jan. 2

Final weigh-ins for Maintain Don't Gain will be Jan. 2 thru Jan. 6, 2026. Participants—keep up the good work through this holiday season!

PUNCH CARD SPECIAL

Holiday Punch Cards sale ends Dec. 31.

\$40 for a punch card with 18 visits.

Each punch card is good for the entire day for use in the gym, pool, weight room, cardio equipment and even fitness classes! There is no expiration date on the cards.

Purchase at the fitness center desk.

New Year's Hours

Wednesday, Dec. 31—5 a.m. to 7 p.m.

Free day for anyone who wants to try us out!

Thursday, Jan. 1, 2026—6 a.m. to 2 p.m.

Friday, Jan. 2—5 a.m. to 9 p.m.



CHANGE SERVICE REQUESTED

Recipe of the Month: Raspberry Vanilla Overnight Oatmeal

From the JCH&L Kitchen. This recipe was printed in the "50 Years of Salad Festival" cookbook printed by the JCH&L Auxiliary in in 2015. It is a favorite in the JCH&L cafeteria.

Ingredients :

1/4 c. uncooked old fashioned rolled oats
1/3 c. skim milk
1/4 c. Greek yogurt
1/4-1/3 c. raspberries

1 1/2 tsp. flax seed or chai seed
1/4 tsp. vanilla extract
1/2 T. Splenda

Directions:

1. Add oats, milk, yogurt, and seeds to a jar or container. Add vanilla and Splenda, mix well. Gently add raspberries. Place in refrigerator overnight. Enjoy for up to 2 days.

Note: Feel free to try different flavors, sweeteners and fruit. Some ideas: mango, blueberry maple (maple syrup instead of Splenda), apple cinnamon, chocolate banana.

