

**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:**  
JCHealthandlife.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.

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

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.

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.

### 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!

### 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.**



### 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.

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 2015. It is a favorite in the JCH&L cafeteria.

**Ingredients :**

1/4 c. uncooked old fashioned rolled oats	1 1/2 tsp. flax seed or chai seed
1/3 c. skim milk	1/4 tsp. vanilla extract
1/4 c. Greek yogurt	1/2 T. Splenda
1/4-1/3 c. raspberries	

**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.**

