Be inspired or inspire someone you care about to become more active this winter. Try out free exercise classes, add walking for exercise, and learn more about healthy eating and fitness. Most programs are FREE and offered at Bluffton Family Recreation (BFR). All water exercise classes are held at Maple Crest!

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Jan. 16** | **Jan. 17** | **Jan. 18** | **Jan. 19** | **Jan. 20** | **Jan. 21** |
|  | FREE CLASS- Low Impact Aerobics 10AM\*\*ADULT LEAGUE- Volleyball 7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PMDEMO- Kettle bell, Bosu Ball, and Medicine Ball- 11:00AM | FREE CLASS- YogaFit (@ the library) 6:30PM | FREE WALKING- 5:30AM- 9:00PMDEMO- Body Fat Testing with Calipers8:00-11:00AM | DEMO- Nutrition for Kids & Open Play 11AMFREE PLAY- Family Night 6:00-8:00PM | DEMO- Intro to the Cable Crossover 10:30AM |
|  |  |  |  |  |  |  |
| **Jan. 22** | **Jan. 23** | **Jan. 24** | **Jan. 25** | **Jan. 26** | **Jan. 27** | **Jan. 28** |
| FREE WALKING-1:00- 5:00PM | FREE CLASS- All Star Aerobics 8:30AM\*\*ADULT LEAGUE- Volleyball 7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PMFREE PLAY- Adult Pickle ball11:00AM | FREE WALKING- 5:30AM- 9:00PMDEMO- Stability Ball6:00PM | DEMO- Balance & Stretching11:00AM | FREE WALKING- 5:30AM- 9:00PMFREE PLAY- Quick Start Tennis- 4:30PM | DEMO- Intro to the Fitness Center 10:30AM |
|  |  |  |  |  |  |  |
| **Jan. 29** | **Jan. 30** | **Jan. 31** | **Feb. 1** | **Feb. 2** | **Feb. 3** | **Feb. 4** |
| DEMO- Intro to the Cable Crossover 1:00PM | FREE PLAY- Sholf 11AM\*\*ADULT LEAGUE- Volleyball 7:00-10:00PM\*\* | FREE CLASS- Water Exercise I- 9:30AM & II- 8:30AM Silver Sneakers Breakfast- 9:00AM- RSVP | FREE WALKING- 5:30AM- 9:00PMFREE PLAY- Adult Women's Bball 9:00-10:00PM | FREE WALKING- 5:30AM- 9:00PMFREE CLASS- Strength & Flexibility 10AM | FREE WALKING- 5:30AM- 9:00PMHealthy Heart Day- Wear Red and get a prize! | FREE CLASS- Zumba 9AM |
|  |  |  |  |  |  |  |
| **Feb. 5** | **Feb. 6** | **Feb. 7** | **Feb. 8** | **Feb. 9** | **Feb. 10** | **Feb. 11** |
| FREE WALKING-1:00- 5:00PM | FREE CLASS- Water Exercise I- 9:30AM & II- 6PM\*\*ADULT LEAGUE- Volleyball 7:00-10:00PM\*\* | FREE WALKING- 5:30AM- 9:00PMDEMO- Walking with Weights10:00AM | DEMO- Nutrition for Kids & Open Play 11AMFREE PLAY- MS/HS Soccer 3:30-5:30PM | FREE WALKING- 5:30AM- 9:00PMFREE PLAY- Adult Volleyball 8:00-10:00PM | FREE CLASS- YogaFit 8:30AMFREE PLAY- Youth Dodge ball 3:30- 4:30PM | FREE WALKING-8:00AM- 9:00PM |
|  |  |  |  |  |  |  |
| **Feb. 12** | **Feb. 13** | **Feb. 14** | **Feb. 15** | **Feb. 16** | **Feb. 17** | **Feb. 18** |
| MEMBERSHIPCOUPON DAYPurchase today & Save $10 on any BFR membership! | FREE WALKING- 5:30AM- 9:00PM\*\*ADULT LEAGUE- Volleyball 7:00-10:00PM\*\* | FREE CLASS- TBC 7:30AMDEMO- Body Fat Testing with Calipers8:00-11:00AM | DEMO- Nutrition 5:30PM | FREE PLAY- Sholf 11AMDEMO- Kettle bell, Bosu Ball, and Medicine Ball- 7:00PM | FREE WALKING- 5:30AM- 9:00PMFREE PLAY- Adult Men's Bball 12:00-1:00PM | DEMO- Nutrition 10AM |
|  |  |  |  |  |  |  |
| Feb. 19 | Feb. 20 | **Feb. 21** | **Feb. 22** | **Feb. 23** | **Feb. 24** | **Feb 25** |
| FREE WALKING-1:00- 5:00PM  | FREE WALKING- 5:30AM- 9:00PM\*\* Columbus Crew Camp 2:00-5:00PMCost- $50.00Ages 6-14\*\* | FREE CLASS- Zumba 6PMDEMO- Stability Ball10:00AM | FREE PLAY- Adult Soccer 7:00-9:00PM | FREE CLASS- Cardio Sculpt 6PMDEMO- Balance & Stretching7:00PM | FREE WALKING- 5:30AM- 9:00PM | FREE WALKING-8:00AM- 9:00PM |

All events are FREE (unless noted\*\*) and OPEN TO THE PUBLIC and are sponsored by Bluffton Family Recreation. For the Columbus Crew Camp you will need to register online at www.thecrewyouth.com. Adult Volleyball League is $100 per team and you must register as a team by January 9th!