



# BF Rec Programs at a Glance



This is a list of our **STANDARD** programming.  
New or popup programs are not listed.

## January

Resolution Run  
Women's Volleyball  
Coed Volleyball  
Youth Boys Basketball

## February

Women's Volleyball  
Coed Volleyball  
Youth Boys Basketball  
Youth Girls Volleyball Camp

## March

Women's Volleyball  
Coed Volleyball  
Youth Girls Volleyball Camp  
Youth Strength & Cardio Training  
Women's Basketball  
Kids Group Fitness

## April

Women's Basketball  
Kids Group Fitness

## May

Fast Track to Sports  
Track & Field Meet

## June

Youth Strength & Cardio Training  
Women's Sand Volleyball  
Yoga in the Park

## July

Youth Strength & Cardio Training  
Coed Sand Volleyball  
Yoga in the Park

## August

Youth Strength & Cardio Training  
Yoga in the Park

## September

Women's Volleyball  
Coed Volleyball

## October

Women's Volleyball  
Coed Volleyball  
Ladies Night Out Booth-Runnings  
Youth Girls Basketball  
Fearless 5k  
Halloween Spooktacular

## November

Youth Girls Basketball  
Youth Strength & Cardio Training  
BF Rec/BFHS Youth Girls Basketball Tournament  
Little Dribblers

## December

Little Dribblers  
12 Days of Fitness

## Other

Wellness Fair  
Men's Basketball  
Big Ball Volleyball  
Sand Volleyball Tournaments  
Women's Strength Training

## Ongoing

500 Mile Club (Cardio, Track & Pool Mileage)

## Group Fitness (Year-round-see calendar)

SilverSneakers Classes: Classic, Yoga, Circuit  
Yoga Foundations  
Gentle Yoga  
Strengthen & Stretch  
Early Bird  
Bars & Bells  
Body Sculpting  
Dance Fitness  
Tabata  
Others offered less frequently...BOSU, Deck of Cards, Kickboxing, Bootcamp, Circuit and more.

## By Appointment

Cardio & Weight Room Orientations (FREE)  
Personal Exercise Programs (\$30)  
Body Composition Analysis