

# WRC

## Winfield Recreation Commission

November 1st 2023

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

# Turkey Basketball Skills Competition

**P**ut your basketball skills to the test and compete against others in the FREE WRC Turkey Basketball Skills Competition on Saturday, November 18 at the Thornton Rec Center. Participants will test their skills in dribbling, passing, and shooting against others in their age groups for the chance to win a holiday turkey and be crowned the champion in their age division. There will be boys' and girls' divisions in the following grades: 1st/2nd, 3rd/4th, and 5th/6th. Check in at 10:00am and the competition will begin at 10:30am. For questions please call the WRC Office @ 620-221-2160.



# Halloween Duck Soup

## 1st Place Winner



To the left: 1st place Pink Flamingos

## Best Dressed

To the right: Push-A-Dent as WWE Wrestlers



# Softball Tournament Winners

## Upcoming Events Calendar

WRC TURKEY COMPETITION	NOV 18TH
SENIOR TURKEY BINGO	Nov. 20TH
SENIOR WINTERFEST	Dec. 8th
MILE OF LIGHTS	Dec. 10th
SANTA'S MAILBOX	Dec. 15th
SC FREE BASKETBALL CLINIC	Dec. 28th
FALL SESSION ENDS	Dec. 23rd
FITNESS CENTER OPEN HOUSE	Jan. 6th
HEART HEALTHY CHALLENGE	Feb.
DADDY/DAUGHTER DATE NIGHT	Feb.



# Tyler Osborn ♦ Wanting to Get Toned?

Expedite your fitness results by using the right weight doing the right number of repetitions and doing the right exercise in the right order. The right trainer with the right program can get you through an awesome effective program in 30 minutes. He or she can do this by designing a program that reduces your transition time and downtime in between exercises and by increasing the program's effectiveness by throwing in a few supersets, which is basically doing two or more exercises that targets the same muscles.

Furthermore, you will increase your results from doing your sets (e.g., 12 reps) by focusing on doing each rep correctly, by focusing and concentrating on the muscle being worked. By concentration on form, you will most likely find that you will have to use lighter weights. Nonetheless, you will no doubt feel more of a burn in the targeted muscle, and you will also see the results a lot sooner.

For the average person who

just wants to tone-up and get to a healthy weight, big gyms and bulky equipment is not required. All that is required is knowledge, action and consistency or discipline. In a nutshell, the number and type of equipment used, or the ambience of a gym or studio alone will not render results. How effectively you use the equipment and the fitness program designed for you will not only determine your results, but how quickly you will start to realize your desired results. Of course, diet is also a major factor and can further expedite results. However, a large percentage of my clients have experienced noticeable results in muscle toning and fat reduction by training with me just 2 days per week and doing 20-30 minutes of cardio (e.g., running, biking, ect.) on their own two days per week without drastically changing their diets.

However, slight

changes in your diet such as cutting back on sugars like sodas and ice cream and reducing your bad carbohydrates intake (e.g., bread, pasta, rice ect.) coupled with an exercise program like the one I described above will get you to your fitness goals in the shortest amount of time and at the lowest cost.

## Fitness Center Tip

Eat more greens. Kale, Spinach, Broccoli, Swiss Chard, or Collard Greens. Greens are full of fiber, vitamins, and minerals to protect you against disease. Not a fan? Throw greens into smoothies with tropical fruit like pineapple and you won't even taste them.



**Wellness Director**  
**Tyler Osborn**  
 624 College Winfield, KS  
 620-221-3062

**Fitness Center Supervisors**  
**Kyle Larsen**  
**Lance Austin**  
**Jaidan Perez**

## TOP 10 FC Members

1. Terry Rodgers
2. Ashley Chastain
3. Sheryl Clower
4. Andrea Terronez
5. Nicole Shea
6. Heather Barrier
7. Rick Hernandez
8. Cau Nguyen
9. Lance Austin
10. Caitlin Labbe, Patricia Matthews, Jared Turk

## Almond Butter & Banana Protein Smoothie

Source: eatingwell.com

### Ingredients

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 2 tablespoons of almond butter
- 2 tablespoons of unflavored protein powder
- 1 tablespoon of sweetener of your choice
- 1/2 teaspoon ground cinnamon
- 4-6 ice cubes

### Directions

Combine all ingredients and blend until smooth

# Did You Know?

## Gym Walking Hours

Brrr! It's that time of year, the mornings are chilly and the leaves are falling so bring your walk indoors for the season. The WRC has open gym for walking.

# Now Open Monday - Friday 5:30 - 8:00am

## Helpful Information

### Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

#### Instructions

1. Go to [Winfieldrec.com](http://Winfieldrec.com)
2. Select 
3. Create Account

\* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

### WRC TEXT ALERTS



Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

Sign up @ [winfieldrec.com](http://winfieldrec.com)



### Social Media



@winfieldrec2160



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