

# WRC

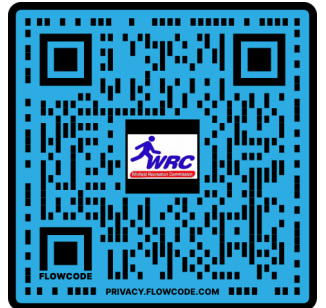
## Winfield Recreation Commission

January 2024

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

## Fitness-Focused New Year

The start of a new year is the perfect time to reevaluate your fitness and health goals! After the holidays you can feel tired and your fitness routine might have been pushed aside during the hustle and bustle. The WRC is the perfect place to jump back into a healthy lifestyle. If you are new to fitness and your New Year's Resolution is to "start working out", consider changing your resolution to something more specific, for example, "I will work out 3 days a week at the Fitness Center." The WRC has everything you need to achieve your health and fitness goals. View the website for fitness center membership packages, and view the Online Program Guide for full class schedule and class descriptions. Register Online/Office/ Call 620-221-2160.



### Get Fit with the Winfield Recreation Commission

#### Group Fitness

Adult Aquatics

Fitness Classes

Spin Classes

Aerobics for 50+

\*View Online Brochure

#### Fitness Center

Treadmills, Ellipticals, Bikes

Free Weights

14 - Station Life Fitness Equipment

Fitness on Demand

\*Visit the FC for a tour!

# Open Gym

The Winfield Recreation Commission offers free open gym to the public. You do not have to be a Fitness Center member to use the gym and it is FREE. Many people choose to walk in the gym because it provides a warmer place to walk during the colder/rainy months. You can usually find large groups of children utilizing the gym during days out of school, giving them the ability to stay active. Whether you want to shoot hoops, jog or walk there is something for everyone in the WRC Open Gym. Basketballs are available for free use or you can bring your own. The WRC offers drop in pickleball, which is a fast growing sport in the community and nationwide. Pickleball is completely free and equipment is provided. Drop In Pickleball is offered Monday-Fridays from 8:00-10:00 am The WRC welcomes the community to utilize the gym and stay active!

Photos: A group walks, friends enjoy drop in pickleball



## Daddy/Daughter Date Night

Join the WRC on Feb 18th for this special evening for the little princess (ages 4-10) and her special guy. We start the evening with a dinner complete with dessert. After dinner, we will turn on some music and dance. Everyone will have a great time dancing with their special someone and friends. Cost is \$13 per person.

## Upcoming Events Calendar

Winter Session Begins	Jan. 8th
FC Open House	Jan. 6th
Youth Indoor Soccer Deadline	Jan. 11th
Adult Indoor Soccer Deadline	Jan. 25th
Daddy/Daughter Date Night	Feb. 18th
Spring Break Opportunities	March 13th - 17th



# Health & Wellness ♦ Misconceptions of “fat loss”, nutrition, & exercise

Unfortunately, many people are misinformed and are also misled by the many promises of the weight loss industry. Everywhere you look, you see or hear of people promising “Dramatic Weight Loss” with products such as “The Fat Trapper”, or “Exercise in a Bottle”.

Then you also have the hundreds of diets out there such as “The Zone”, “Sugar Busters” or “The Atkins Diet”. I’m sure you have heard of many of these yourself. You might have even tried some of them. Unfortunately, these products and diets are not the quick fix, or the miracles they are portrayed as. They are also usually very dangerous.

Below are some common misconceptions among people regarding exercise and nutrition.

1. You need to exercise to burn fat. The truth is you don’t gain body fat because of lack of exercise. You gain it because your blood sugar levels exceed what you are using. Basically, you are eating too many calories at one time.
2. Your metabolism slows down once you hit 30. WRONG! Hundreds of research studies have shown that the slowdown in metabolism is due to a loss of muscle tissue. And the loss of muscle tissue is

directly related to a lack of hard physical activity.

3. Pasta and bread are fattening. Anything is fattening! Lettuce can be stored as fat! Any food or drink, which contains calories, can be stored as body fat if it causes your blood sugar levels to exceed what the body needs at that time. Bread and pasta are actually great sources of complex carbohydrates! The key is how much you eat and when you eat it.
4. Eating after 7pm will make you fat. Absolutely false! It all depends on whether or not the body needs that amount of calories at that time. Keep in mind your body is constantly burning calories, 24 hours per day, just the amount varies.
5. Strength training will make you bulk up. Another NO! It seems as if mostly women are concerned with this one. Muscle size is primarily affected by genetics and hormone production; therefore, most women don’t have the potential to build very large muscles. Muscle burns calories, so the more muscle

you have, the more calories you burn which makes it easier to burn fat and harder to gain it! By no means is this a complete list! There are so many I could write a whole book just about them. The key is in education, but not by reading fitness magazines!

## TOP 10 FC Members December

1. Lance Austin
2. Heather Barrier
3. Ashley Chastain
4. Jayden Tate
5. Lori Aikins
6. Sheryl Clower
7. Noah Harris
8. Alex Markus
9. Jake Marney
10. Layton Topper

## Chocolate Peanut Butter Protein Bars

1. Line an 8 1/2 X 4 1/2 inch loaf pan with parchment paper, leaving overhang on all sides to make it easier to remove bars from pan
2. Place peanut butter (3/4 c.), protein powder (1/2 c. vanilla), maple syrup (2 Tbsp.), vanilla (1 tsp), and salt (1/8 tsp) in a bowl and mix until well combined; press into the prepared pan.
3. Place chocolate chips (1/2 c. semi sweet) and oil (1 tsp coconut) in a microwave safe bowl. Microwave for 30 seconds, stir. Repeat until chips are completely melted when stirred. Pour over bars, smooth chocolate. Refrigerate until set, about 30 minutes.

## WRC Fitness Tip

Select healthier choices to have on standby in your fridge when hunger pains or emotional eating strikes, such as a bowl of fresh strawberries or blueberries.



## Wellness Director

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

## Fitness Center Supervisors

**Kyle Larsen**  
**Lance Austin**  
**Emma Moore**

# Did You Know?

# SC Indoor Pool

**Lap Swim:** Monday-Fridays

6:00-7:45 AM

Tuesday & Thursdays

11:45-1:00 PM

6:45-7:30 PM

**Open Swim:** Monday and Wednesday

6:00-7:30 PM

Saturday and Sunday

2:00-4:00 PM

**Pool Parties:** Fridays

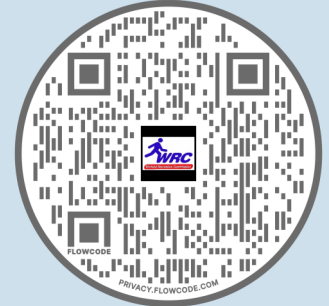
6:00-8:00 PM

Saturdays

10:00-12:00 PM, 12:00-2:00 PM, 4:00-6:00 PM, 6:00-8:00 PM

Sundays

12:00-2:00 PM, 4:00-6:00 PM, 6:00-8:00 PM



If you would like to reserve the pool for a party or an event please contact us at 620-221-2160 or come by the office at 624 college St.

## 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



### Contact Us



@winfieldrec2160



624 College, Winfield, KS 67156  
620-221-2160 winfieldrec.com