

IN THE 'BURG

April 2021

Issue no. 3

[EVENTS](#)

[DINING](#)

[BLOG](#)

BE ENTERTAINED

Upcoming Events

- 4/2 "Dark Side of the River"
[Mountain Arts Center](#)
- 4/9 Exile: No Limit 55+ Anniversary Tour
[Mountain Arts Center](#)
- 4/17 Kentucky Opry Junior Pros "Let's Rock"
[Mountain Arts Center](#)
- 4/24 Spring Gospel Concert
[Mountain Arts Center](#)
- 4/30-5/2 Kinfolk Reunion Tour with Sundy Best
[Mountain Arts Center](#)



FIT AND FABULOUS

Getting in Shape for the Warmer Seasons

Prestonsburg has many options for getting into shape and shedding a few inches for the warmer weather of spring and summer. Fit-Tagious offers Zumba and strength training. Foxy Fitness offers Fusion, HIIT, Boot Camp and personal training. If you are more into yoga and pilates, Beauty Within Yoga Studio can meet those needs. Hayes Training Systems offers personal training by appointment only. Pro Fitness offers personal training, cycling classes, weight training, and cardio. Before or after your workout, stop by Honey Bee Nutrition for a nutritious and delicious tea or shake to aid your fitness goals. These businesses can help make your fitness goals a reality, leaving you fit and fabulous.

- [Beauty Within Yoga Studio](#)
- [Fit-Tagious](#)
- [Foxy Fitness](#)
- [Hayes Training Systems](#)
- [Honey Bee Nutrition](#)
- [Pro Fitness Multisports, Inc.](#)



ARTIST SPOTLIGHT

Joe Burchett

Joe Burchett is a Prestonsburg native and currently resides here with his wife, Amber. Joe is an oil and gas consultant which requires him to travel to Texas and New Mexico. He has always had an interest in watercolor but discovered classes were hard to find and rather expensive. A couple of years ago, Joe decided that he could learn anything he

wanted with the help of the internet. He began learning about watercolor and painting in general. He chose to focus on watercolor because he likes "the freshness and immediacy of the medium. The transparency lends itself to capturing light, not to mention the beautiful and unexpected results as the watercolors mix on the paper." He added, "Some of my inspirations like to say watercolor will paint itself if you let it." Joe took advantage of the time at home during COVID quarantine and practiced his craft much more than time had previously allowed. His watercolor collection is on display this month at the Mountain Arts Center Art Gallery, and more of his work can be viewed on Instagram.

JOE BURCHETT



EATING IN THE 'BURG

Faith, Trust & A Little Dust Bakery
515 South Lake Drive

Faith, Trust & A Little Dust Bakery, located in downtown Prestonsburg, is a must try for made from scratch desserts. They have a variety of items to choose from including cinnamon rolls, cupcakes, cream cheese frosted brownies, blueberry muffins, and much more. They also take orders for specialty cakes. This is a treat that you don't want to miss. To place an order call 606-339-8995, visit their website, or Facebook page.



FAITH, TRUST & A LITTLE DUST BAKERY



FOR MORE INFORMATION:

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