



WINTER / SPRING 2012

PROGRAM GUIDE



Enhance
your health,
fitness and
well-being.

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TRAINING SERVICES

Classes are led by a highly experienced personal trainer. The personal trainer will help you reach your goals through safe and effective exercise.

Weight Loss Challenge: A Personal Transformation Adventure!

You will receive information, instruction and inspiration for lasting weight loss and better health.

This 10-week program includes:

- One-on-one empowerment coaching
- Group exercise instruction
- Nutritional seminars
- A copy of Dr. Ann's "Eat Right for Life," by Ann Kulze, MD
- Health and Wellness Seminar focused on the power of feeling your best

Beginner, Intermediate, and Advanced progressive options are available.

Begin your adventure with us on January 5, 2012 at an informational kick-off at 6 p.m.

COST	Members: \$275 Guests: \$349 (10 visit punchcard included)
DAY	Varied
TIME	Varied
SESSION DATES	Jan. 9-Mar. 16

Active Kids

Sign your kids up for a fun and exciting time... while they are exercising! The six-week session includes a variety of dynamic exercises that will motivate and condition. Classes will last 45 minutes. Limit eight kids per class.

COST	Members: \$99 / Guests: \$149
DAY	Wed. (3rd/4th Grade) / Thurs. (5th/6th Grade)
TIME	5:30 p.m.
SESSION DATES	Jan. 11/12-Feb. 15/16 & Feb. 22/23-Mar. 28/29



Speed & Agility Clinic

Gain the competitive edge by improving performance and athleticism. This clinic focuses on:

- Acceleration
- Agility
- Balance
- Endurance
- Flexibility
- Injury prevention
- Power
- Proprioception
- Speed
- Strength

Past test results of athletes:

- 5" increase in flexibility
- 4.5" increase in vertical
- 10" increase in broad jump
- 41% increase in agility
- 0.4 seconds faster on 20 yard dash
- 16% increase in multi-directional speed
- 1min 40 seconds faster on 1½ mile run

COST	Members: \$275 / Guests: \$325
DAY	Tuesday / Friday
TIME	4-5:15 p.m.
SESSION DATES	Jan. 31-Mar. 9 & Mar. 20-Apr. 27



Golf Clinic

Take 5 Strokes Off Your Score!

Strength, Conditioning & Skill Training with Dave Bunt, Certified Strength & Conditioning Specialist and Mike Fenstemacher, PGA Certified Golf Pro.

COST	Members: \$375 / Guests: \$425
DAY	Thursday
TIME	6-7:30 p.m.
SESSION DATES	Jan. 19-Mar. 1 & Mar. 14-Apr. 19





Outdoor Fitness Adventure

Each session we will meet at various outdoor locations around Kalamazoo. We will spend one hour on a “fitness trail”—a planned trail around the location that incorporates cardio, strength training, and flexibility exercises.

COST	\$60 Up-front / \$12 Drop-in
DAY	Monday
TIME	5:30–6:30 p.m.
SESSION DATES	Feb. 27 — Milham Park, 400 E. Kilgore Mar. 5 — Verburg Park, 669 Gull St. Mar. 12 — Al Sabo Preserve, Texas Dr. Mar. 19 — Oshtemo Park, 7275 West Main Mar. 26 — Asylum Lake Preserve, Drake Rd. Apr. 2 — Milham Park, 400 E. Kilgore



Kettlebell 101

Introduction to all the kettlebell basics you need for improved strength, power, core AND fat loss! Learn the 1-arm and 2-arm swing, squat, deadlift, snatch, windmills, clean & press and the always crowd pleasing Turkish get-up!

COST	Members: \$180 / Guests: \$210
DAY	Tuesday / Thursday
TIME	5–6 p.m.
SESSION DATES	Jan. 9–Feb. 17

Intro to Olympic-Style Weightlifting

Don’t let the name scare you! The skills from the sport of weightlifting can benefit anyone and everyone. Speed, balance, flexibility and strength are all developed when learning the snatch, the clean & jerk and related skills. As an added bonus you will become a much better athlete!

COST	Members: \$180 / Guests: \$210
DAY	Tuesday / Thursday
TIME	5–6 p.m.
SESSION DATES	Feb. 21–Mar. 31

Holiday Speed & Strength Camp

Keep moving during the holidays and accelerate your training program.

3 Day Option

COST	\$80
DAY	Monday / Wednesday / Friday
TIME	9–10:30 a.m. / 1:30–3 p.m.
SESSION DATES	Jan. 2, 4 and 6

2 Day Option

COST	\$60
DAY	Tuesday / Thursday
TIME	9–10:30 a.m. / 1:30–3 p.m.
SESSION DATES	Jan. 3 and 5



AQUATICS

Whether you are looking for a low impact workout or you want to learn to swim, our aquatics program has something for all fitness levels and all ages.

Karen Sue's Pre-Swim Team

Children must be able to swim 40 feet without help in freestyle and backstroke. Workouts are held in our warm water exercise pool where the students will work on all strokes. There will be some exposure to the lap pool. Open to members & non-members. Class size limited to seven.

COST	Members: 1 day/wk, \$70. 2 days/wk, \$110. Guests: 1 day/wk, \$88. 2 days/wk, \$140.
DAY	Tuesday / Thursday
TIME	ages 7 & older: 4-4:30 p.m. ages 6 & younger: 4:30-5 p.m.
SESSION DATES	Jan. 3-Feb. 16 / Feb. 21-Apr. 5

Winter Youth Swim Teams

Senior Swim Team

This program is offered for youth who can swim at least 50 yards of freestyle, backstroke, breaststroke and butterfly. There will be two seven-week sessions. Each class is one hour. Price is per session.

COST	Members: 1 day/wk, \$80. 2 days/wk, \$130. Guests: 1 day/wk, \$98. 2 days/wk, \$160.
DAY	Tuesday / Thursday
TIME	5-6 p.m.
SESSION DATES	Jan. 3-Feb. 16 / Feb. 21-Apr. 5

Junior Swim Team

This program is being offered for youth who can swim at least 50 yards of freestyle, backstroke and 25 yards of breaststroke and butterfly. There will be two seven-week sessions. Each class is 45 minutes long. Price is per session.

COST	Members: 1 day/wk, \$70. 2 days/wk, \$110. Guests: 1 day/wk, \$88. 2 days/wk, \$140.
DAY	Tuesday / Thursday
TIME	4:15-5 p.m.
SESSION DATES	Jan. 3-Feb. 16 / Feb. 21-Apr. 5

Deep Water Exercise

This class is held in our lap pool and provides a safe and effective cardiovascular workout without impact to your joints.

COST	Members: Free / Guests: \$95
DAY	Tuesday / Thursday
TIME	6-6:45 p.m.
SESSION DATES	Jan. 3-Feb. 16 / Feb. 21-Apr. 5

Aquatic Group Exercise Classes

For complete schedules, visit bronsonathleticclub.com

ABC (Aquatic Body Conditioning): Designed for all fitness levels! Low intensity, full body workout with resistance training.

Noon Water Exercise: This 50-minute class will consist of a low/moderate impact cardiovascular workout. Equipment will be used.

Hydro Fit: Power intensity workout using water resistive equipment in the deep water with no impact. This class will strengthen and tone all muscle groups. Not recommended for students who are pregnant or who experience low back pain. (Jogging belts are a great alternative.)

Arthritis Nice & Easy: You'll enjoy this nice & easy flowing, cardiovascular training workout with full range-of-motion movements that enhance muscle tone, mobility and flexibility.

Aqua Fun Night: Aqua fun for pre-teens, adults and families.

Pregnancy H2O: This class is designed for pregnant women who want a safe & effective workout. Questions regarding the pregnancy classes should be directed to Sheri Shon, Group Exercise Director.
Note: Must have medical consent form from OB/GYN physician in order to participate.





Group Swim Lessons

INFANT – CHILD – YOUTH – ADULT

Each class is approximately 30 minutes and is priced per session. Choose your class from the schedule below. Class size varies depending on age.

COST	Members: \$58 / Guests: \$75
DAY / TIME	Monday 12–12:30 p.m. Tuesday 4:30–7 p.m. Thursday 4:30–7 p.m. Saturday 8:30 a.m.–12 p.m.
SESSION DATES	Jan. 2–Feb. 18 / Feb. 20–Apr. 7

Swim Lesson Levels

- **Aqua Babies I:** 6 months to 18 months*
- **Aqua Babies II:** 18 months up to 2½ years*
- **Aqua Toddlers:** 2½ to 3½ years (or older)*
- **Water Bugs A:** 3 to 4 years
- **Water Bugs B:** 4 to 5 years
- **Levels 1–5:** Begin to swim levels

*
Parent
in water



**Please
Note:**

- **Make-ups:** Due to full classes, please check with the aquatic department to see if a make-up is possible.
- Please remember to shower your children before using our pools. It is a health department state law and is for the benefit of your child and others sharing the same pool.
- Please note that our other pools are for BAC member usage only. Thank you.
- As a courtesy to other members using the locker rooms at the same time as swim lessons, please limit your shower time and your towel usage.
- Children under the age of four must wear a swim diaper in our pools.
- **Cancellation Policy:** 48 hr. notice required – ANY class changes within 48 hours of start time will be \$15.00. No changes/refunds after the first week.

Thank You!

Schedule

AQUA BABIES I & II (parent in water)

Tuesday	5:30 – 6:00	p.m.	(I & II combo)
Thursday	5:00 – 5:30	p.m.	(I only)
Thursday	6:00 – 6:30	p.m.	(II only combo w/AT)
Saturday	9:00 – 9:30	a.m.	(I only)
Saturday	9:30 – 10:00	a.m.	(II only)

AQUA TODDLERS (parent in water)

Tuesday	5:00 – 5:30	p.m.	
Thursday	6:00 – 6:30	p.m.	(combo w/AB II)
Saturday	10:00 – 10:30	a.m.	

WATER BUGS A & B (no parent in water)

Tuesday	4:30 – 5:00	p.m.	(A & B combo)
Tuesday	5:00 – 5:30	p.m.	(B only)
Tuesday	6:00 – 6:30	p.m.	(A only & B only)
Thursday	4:30 – 5:00	p.m.	(A & B combo)
Thursday	5:00 – 5:30	p.m.	(B only)
Thursday	5:30 – 6:00	p.m.	(A & B combo)
Thursday	6:00 – 6:30	p.m.	(A & B combo)
Thursday	6:30 – 7:00	p.m.	(B only)
Saturday	9:00 – 9:30	a.m.	(A & B combo)
Saturday	9:30 – 10:00	a.m.	(A & B combo)
Saturday	10:30 – 11:00	a.m.	(A & B combo)

LEVEL I swimming 3–5' without floatation

Tuesday	4:30 – 5:00	p.m.	
Tuesday	5:30 – 6:00	p.m.	
Thursday	4:30 – 5:00	p.m.	
Thursday	5:30 – 6:00	p.m.	
Thursday	6:30 – 7:00	p.m.	(Combo w/LVL II)
Saturday	10:00 – 10:30	a.m.	

LEVEL II

Tuesday	5:30 – 6:00	p.m.	
Thursday	4:30 – 5:00	p.m.	
Thursday	5:00 – 5:30	p.m.	
Thursday	6:30 – 7:00	p.m.	(Combo w/LVL I)
Saturday	10:00 – 10:30	a.m.	

LEVEL III

Tuesday	6:00 – 6:30	p.m.	
Thursday	5:00 – 5:30	p.m.	
Saturday	10:00 – 10:30	a.m.	

LEVEL IV

Tuesday	6:00 – 6:30	p.m.	(Combo w/LVL V)
Saturday	10:30 – 11:00	a.m.	(Combo w/LVL V)

LEVEL V

Tuesday	6:30 – 7:00	p.m.	(Combo w/LVL IV)
Saturday	10:30 – 11:00	a.m.	(Combo w/LVL IV)

GROUP FITNESS

Membership at the BAC includes complimentary classes led by experienced and qualified instructors. Get fit and have fun through group exercise. Call the BAC or stop by the service desk for a schedule.

BAC Group Exercise Classes

B Beginner

I Intermediate

A Advanced



CSI (Cardio & Strength Intervals) **I A**

Combinations of fitness drills and games to challenge your body and keep it guessing what is coming next. Time goes by fast when you are having fun!

Hard CORE ABS **B I**

Will focus and target on your abdominals, back and everything in between!

AHT **B I**

Abdominals, Hips and Thighs. Great lower body workout.

Boot Camp **I A**

Full Body Workout that will target all major muscle groups including a cardio component. This class will make you sweat, work hard and be glad that you did!

BOSU, Weights & More **B I**

A great cardiovascular training workout with the added components of weights, Resist-A-Balls® and Body Bars®

Fit 4-50 **B I A**

Great class for beginners or for the mature individual desiring a balanced weight training program and some cardiovascular exercise. This easy to follow group-x class adds benefits such as strength conditioning exercises for the whole body, balance (foundation exercises), and stretching exercises.

Hi/Lo Cardio Dance **I A**

A dynamic, easy to follow high and low impact routine with varieties in intensity. This class incorporates dance, kickboxing and some calisthenics to give you the ultimate challenge.

Mat Pilates® **B I A**

Strengthens the abdomen muscles that support the neck and spine by decreasing muscle tension and increasing flexibility.

R.I.P.P.E.D. **B I A**

Experience this total body plateau-proof workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in a way that is fun, safe, doable and extremely effective.

Tabata **I A**

High intensity interval training (HIIT) is a strategy that is intended to improve athletic performance and endurance with short bouts of interval training sessions.



TBC (Total Body Conditioning) **B I A**

Combines continuous cardio training with muscular strength and endurance drills for conditioning the whole body. A variety of equipment is used to enhance the workouts such as: weights, bands, Gliding® Disc, BOSU's® Balance Trainers, Body Bars® and steps for props. Excellent class for whole body conditioning.



TBC X-treme

I A

Higher intensity TBC with less recovery between intervals.

Turbo Kick®

B I A

Want a way to increase the effectiveness of your workout and have fun at the same time? Well here it is! Turbo Kick® is a combination of intense, easy to follow kickboxing moves combined with some fun, funky dance movements. This class requires no previous kickboxing experience.

Ultimate Energy

B I A

Ultimate Energy is 45 minutes of pure go. This class is formatted to shake things up by combining muscular endurance with some cardio kick. If you like a challenge, this class delivers!

Upper Body Conditioning

B I

Focus on isolation of each of the major upper body muscle groups by using body weight & body resistance exercises, free weights, and tubing.

Yamuna Body Rolling w/Pilates®

B I A

Combination of two exercises that work your core, tone and lengthen your body all in one.



Yoga/Equilibrium/

Yoga 4-A Well-being

B I A

Ideal class for beginners or for those who want to improve their basic balance to advance in their Yoga techniques. This is a mind/body fitness Yoga class combined with traditional Yoga Techniques. Relax and stay fit with slow moves and gentle stretches combined with strengthening postures. The result is a powerful cardio/strength/flexibility workout that increases body tone and definition with emphasis placed on deep relaxation and stress releasing moves.

Zumba

B I

A fusion of Latin and international music that is full of high energy and motivation featuring aerobic interval training with a combination of fast and slow rhythms that tone and sculpt your body.



RECREATION *for Adults and Children*

A wide variety of activities to keep you moving, challenged and enjoying life!

Racquetball

Women's Clinic

If you are interested in learning to play racquetball this is the perfect opportunity. Participants will learn rules and techniques.

COST	Members: Free / Guests: \$15
DAY	Friday
TIME	6–7:30 p.m.
SESSION DATE	Jan. 13

Youth Clinics

Children ages 6–12 learn to play the game and then enjoy pizza and a treat afterwards.

COST	Members: \$5 / Guests: \$10
DAY	Friday
TIME	6–7:30 p.m.
SESSION DATES	Jan. 6 / Feb. 13

Racquetball League

League geared toward a variety of skill levels from novice to advanced.

COST	Members: \$15 / Guests (Travel League): \$75
DAY	Monday
TIME	As scheduled
SESSION DATES	Jan. 9–Apr. 23

Racquetball Tournament

Doubles Tournament

This is an opportunity to join the fun and experience a challenge.

COST	\$35
DAY	Saturday
TIME	9 p.m.
SESSION DATE	Jan. 7 (Must register by Jan. 4)

Basketball

Adult Basketball League

The BAC Basketball league offers a recreational league experience. It is designed for players seeking friendly competition. Eight weeks of assured play. There will be playoff games and a championship game. The BAC league will have certified referees. Schedules will be created based on participation.

COST	Members only: \$25
DAY	Thursday
TIME	6–9 p.m.
SESSION DATES	Jan. 12–Mar. 1

Youth Basketball Clinics

Your child will learn the fundamentals of basketball with age-appropriate techniques.

COST	Members: \$55 / Guests: \$70
DAY / TIME	Friday 5:30–6:30 p.m. (ages 4–7) Friday 6:30–7:30 p.m. (ages 8–11) Saturday 9–10:30 a.m. (ages 12–14)
SESSION DATES	Jan. 13–Feb. 18 / Feb. 24–Mar. 31





Volleyball

Drop-in Volleyball Play

This is a fun pick-up game geared toward beginner and intermediate players age 13 and above.

COST	Members: Free
DAY	Sunday
TIME	6–8 p.m.
SESSION DATES	Jan. 15–Mar. 11

Volleyball Lessons

Learn the fundamentals of the game from our volleyball coach Timothy Balice. Timothy has coached numerous teams in the area and can help improve your game. Available for ages 12–adult.

Private Lessons (1 hour)

COST	Members: \$40 / Guests: \$50
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Group Lessons (6–10 athletes for 1 hour)

COST	Members: \$25 / Guests: \$35
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The BAC Twirlers

Introduce your child to the wonderful sport of baton twirling with Kyle Keiser, a United States and international coach.

COST	Members: \$30 / Guests: \$45
DAY	Wednesday
TIME	10–10:45 a.m. (age 5 and under) 6:30–7:15 p.m. (age 5–8) 7:30–8:15 a.m. (age 9 and up)
SESSION DATES	Jan. 18–Feb. 29

Kids in Motion

Early childhood gym classes that include games, music and motor skill development.

COST	Members: \$20 / Guests: \$30
DAY	Tuesday
TIME	9–9:30 a.m. (age 6 months–2 years) 9:40–10:10 a.m. (age 2–3) 10:20–10:50 a.m. (age 4–5)
SESSION DATES	Jan. 17–Feb. 21 / Feb. 28–Apr. 3

Adult Card and Game Night

Meet other members and enjoy an evening of your favorite game or maybe learn a new one. There is no cost but bring munchies and non-alcoholic drinks to share.

COST	Members: Free
DAY	Saturday
TIME	6–9 p.m.
SESSION DATES	Jan. 14 / Feb. 11 / Mar. 24 / Apr. 14

Youth Camp at the BAC

Children ages 6–12 enjoy games, arts and crafts, swimming and outdoor fun.



Holiday Camp

COST	Members: \$108 / Guests: \$120 (Daily rate and pre- and post-camp childcare also available)
DAY	Tuesday–Friday
TIME	9 a.m.–3 p.m.
SESSION DATES	Dec. 27–30 / Jan. 3–6

Spring Break Camp

COST	Members: \$135 / Guests: \$150 (Daily rate and pre- and post-camp childcare also available)
DAY	Monday–Friday
TIME	9 a.m.–3 p.m.
SESSION DATES	Apr. 2–6

Birthday Parties

You will have a personal party host to plan and lead activities such as soccer, basketball, other gym games, swimming, and finally time in the conference area for presents and food.

COST	Members: \$125 / 10 children or less (Additional children \$10 each)
DAY	Friday / Saturday / Sunday
TIME	3 hours

Reservations for parties must be sponsored by a member.



SPECIALTY PROGRAMS

The BAC offers a variety of specialized classes that can be offered in a group or individual setting.

Pregnancy Group Exercise Classes

Pregnancy Water Classes*

This is a non-impact, cardio and strength toning class designed for pregnant women who want a safe, fun, and effective workout in the aquatic environment.

COST	Members: \$40 / Guests: \$54
DAY	Tuesdays
TIME	7-7:45 p.m.
SESSION DATES	Jan. 3-Feb. 7 / Feb. 14-Mar. 20 Mar. 27-May 1

Pregnancy Yoga*

This class is designed for women who wish to stay active during their pregnancy. It helps you prepare for childbirth by focusing on deep breathing techniques, gentle stretching with use of the Resist-A-Ball®, along with other yoga tools and relaxation techniques.

COST	Members: \$40 / Guests: \$54
DAY	Thursdays
TIME	5:30-6:30 p.m.
SESSION DATES	Jan. 5-Feb. 9 / Feb. 16-Mar. 22 Mar. 29-May 3

*Must have medical consent form from OB/GYN physician in order to participate in both classes.

Tai Chi

Relax and develop whole body connections, discover your internal strength, and build your health from the inside out.

Tai Chi is perfect for all ages and most physical conditions. It is great for athletes looking to increase their coordination, gentle enough to use for recovery workouts, or perfect for someone looking to build a fitness foundation. This class will help you get rid of unnecessary mental and physical tension. Come explore internal chi dynamics that link your body's health and vitality.

COST	Members: \$36 / Guests: \$60
DAY	Thursdays
TIME	6:30-8 p.m.
SESSION DATES	Jan. 5-Feb. 9 / Feb. 16-Mar. 22 Mar. 29-May 3



Pilates®

The BAC offers private training sessions and group training sessions. All sessions are based on the original Joseph H. Pilates method developed over 90 years ago. Increase strength, flexibility, mobility, balance and body awareness no matter your age or condition.

Mat Pilates uses one's own body weight to provide resistance.

COST	Members: Complimentary
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Reformer Pilates uses springs to generate resistance which helps isolate specific muscle groups in ways you could not while standing. If you have an injury, the reformer can be useful to maintain proper alignment and provide support.

One-Hour Private Session

COST	Members: \$50 / Guests: \$60 / Duets: \$30 ea.
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Six-Week Small Group Session

COST	Members: \$120 / Guests: \$150
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Profiles must be filled out prior to 1st session with Pilates Instructors. Contact the Service Desk to obtain the Pilates Profile (269) 544-3200. To schedule an appointment ask for the Pilates studio at ext. 259 or contact Sheri Shon, group exercise director at ext. 285.

How "Not to be a Victim"

This course will help an individual to recognize, eliminate, and AVOID potential trouble by becoming more aware of one's daily surroundings, with physical confrontation being the last resort. Students will learn how to release themselves from different grabs and holds.

About Your Instructor:

Tom Shull has been a full-time law enforcement officer in the Kalamazoo area for over twenty-six years. He is a graduate of Western Michigan University and is a recent graduate of the prestigious FBI National Academy in Quantico, Virginia. He is currently employed as a captain with the Kalamazoo County Sheriff's Office.

COST	Members: Free / Guests: \$30
DAY	Saturday
TIME	1-3:30 p.m.
SESSION DATES	Feb. 25 / Mar. 31 / Apr. 28

NUTRITION

Learn about the foods you are putting in your body and how they affect your health from a registered dietician.

Nutrition 101

Gain nutrition know-how before you lose. This class will help you calculate your IBW (ideal body weight), calories for losing and/or maintaining weight and protein needs. Also, learn how to enhance weight loss and avoid plateaus.

COST	Members: Free / Guests: \$15
DAY	Tuesday
TIME	5:30–6:30 p.m.
SESSION DATE	Jan. 24

Nutrition 102

Explore 10 trends of good nutrition. This class will explore ideas for good “gut” health and avoiding metabolic syndrome.

COST	Members: Free / Guests: \$15
DAY	Tuesday
TIME	5:30–6:30 p.m.
SESSION DATE	Jan. 31

The DELI @ Bronson Athletic Club

Fresh & Hot For People on the Go!

Come enjoy some of the healthiest and tastiest food, conveniently located at the Bronson Athletic Club.

- Oatmeal Bar
- Salad Bar
- Patti's Baking Corner
- Signature Sandwiches
- Smoothies
- Specialty Beverages
- and more!



HIGHLIGHTS

of the Bronson Athletic Club

- ⦿ Cardiovascular equipment: stair climbers, treadmills, elliptical trainers, cycles, recumbent bikes, ARC trainers and Adaptive Motion Trainers (AMTs)
- ⦿ Cardio Theatre Personal Viewing Systems on cardio equipment with more than 60 channels
- ⦿ Strength training center
- ⦿ Indoor running and walking track
- ⦿ Racquetball/handball championship courts
- ⦿ Full-size championship basketball/volleyball court
- ⦿ Studios dedicated to Spinning® and Pilates®
- ⦿ Spa facilities: whirlpools, cold plunge pools, saunas, and steam rooms
- ⦿ Beautiful and spacious locker rooms with TV lounge areas
- ⦿ Certified massage therapists, personal trainers, group exercise instructors and swim instructors
- ⦿ Registered dietician
- ⦿ Assisted changing areas
- ⦿ Youth Activity Center (child care)
- ⦿ Lifestyle improvement/wellness seminars and workshops
- ⦿ Monthly newsletter
- ⦿ Pro shop
- ⦿ Wireless internet access

Massage Services

Relaxation awaits you! Massage services include: Full body, pre-natal, myofascial release, hot stone or chair massage. Call 544-3200 to schedule.



Hours of Club

Monday – Thursday • 5:30 a.m. – 10 p.m.
 Friday • 5:30 a.m – 9 p.m.
 Saturday & Sunday • 7 a.m – 9 p.m.

269.544.3200 ⦿ bronsonathleticclub.com



**BRONSON
ATHLETIC
CLUB**

6789 Elm Valley Drive
Kalamazoo MI 49009

Phone: (269) 544-3200
bronsonathleticclub.com



WALK-IN CLINIC

with a **Bronson Orthopedic & Sports Medicine**

Athletic Trainer



Jeff Willson, Certified Athletic Trainer with Bronson Orthopedic & Sports Medicine, will be at the Bronson Athletic Club for a free clinic on Mondays from 2–6 p.m. Jeff will be onsite to answer questions and perform assessments regarding soreness, aches and pains and possible injuries.