

# The BAC Connection

Sports, Health, Fitness and Fun

**Labor Day  
Holiday Hours**

Monday, September 6  
7 a.m. - 3 p.m.

**BAC Deli Hours  
Effective September 7**

Mon - Fri: 6:30 a.m. - 8 p.m.  
Sat: 8 a.m. - 5 p.m.  
Sun: 11 a.m. - 5 p.m.

**Climb for Kids Event a Success**

On Saturday, July 24, mountain climber Bo Parfet successfully raised close to \$8,000 for three local charities: the Bronson Health Foundation, the Kalamazoo Nature Center and Specialized Language Development Center. With a total of 38,184 feet donated, Bo, members and non-members achieved the simulated climb of the eighth tallest mountain in the world, Mt. Manaslu in Nepal (26,781 feet).

With your help and donations, these three charities can continue to help kids overcome obstacles and achieve their dreams.

On a mission to conquer the seven summits, Bo will be leaving on September 10 for his actual climb of Mt. Manaslu. Throughout his journey, he will be sharing his progress with us via e-mail. Look for his updates in October's newsletter. ●



**Bo Parfet climbing Carstensz Pyramid in West Papua, Indonesia in 2007. He has climbed an additional one of the Seven Summits each year since then. On September 10, he continues his mission to conquer all of them when he leaves to climb Mt. Manaslu.**

**Parent's Night Out September 17**

Drop your kids off at the BAC for a fun-filled night of end-of-summer activities, while you relax and enjoy a night of your own. Children ages 4-12 will be able to take part in arts and crafts, pizza and snacks, gym games and swimming. Tots ages 2-3 can enjoy similar activities in the Youth Activity Center.

Date: September 17

Time: 6 - 9 p.m.

Children ages 4-12 and tots ages 2-3

**Cost:** Members: \$18/one child, \$30/two children, \$35/family (four children), \$5/additional child

Non-members: \$28/one child, \$40/ two children, \$45/ family (four children), \$8/additional child

Call (269) 544-3200 or stop by the service desk to sign-up. ●



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## Lindsey Ralya

### Service Desk and Manager



Lindsey Ralya

When we last featured Lindsey Ralya, she was a Western Michigan University student studying art education. Five years later, she has expanded her professional experience. Lindsey still enjoys art (she's rediscovering watercolor) and especially working with children, but she has developed additional administrative skills which she applies at the BAC.

"I left the club for a few years," Lindsey explains. "Now I'm back working at the BAC service desk and as an interim manager on duty. I open the club many mornings. I am not a 'morning person,' but I actually love it. I love the people – my morning crowd keeps me happy." Lindsey appreciates several BAC features. "Being at the service desk is like being in an information powerhouse. The BAC has a good support system from staff to managers. People are willing to help each other. If you have a question, people are quick to find an answer." She continues, "I still tutor privately and I enjoy interacting with families." But she expresses pleasure at broadening her network. "I'm a very sociable person. The BAC has such a friendly atmosphere. The members are so personable. I love it here." ●

## INSIDE BRONSON

### Register Now for Walk Across Kalamazoo

You can now register online for the third annual Walk Across Kalamazoo, benefiting The Children's Hospital at Bronson. The event takes place Sunday, October 3, beginning at 1 p.m. at the corner of John and Lovell streets. To register, visit [bronsonhealth.com/walk](http://bronsonhealth.com/walk). When you register, you can raise funds as an individual, start a team, join a team or make a donation even if you are unable to attend. You can also create your own personal page, use your page to ask friends and family members to support you and track your individual and team pledges. Registration costs for the walk are \$25 for adults age 18 and older and \$15 for children age 6-17 (both include t-shirt). Children younger than age 6 are free (does not include t-shirt). Register by Wednesday, September 15 to guarantee a t-shirt. Additional shirts will be available for \$8 each.

Funds raised through the Walk support pediatric life enhancement services — such as pediatric palliative care, child life services, art therapy, music therapy and more. These services have been shown to improve outcomes for hospitalized children, but are not always covered by insurance. Visit [bronsonhealth.com/walk](http://bronsonhealth.com/walk) today! ●



## PROGRAMS

### Women on Weights

Women on Weights is a program designed to challenge women of all fitness levels. Learn to exercise in a way that works for you, reach your goals and manage your time. In addition, this class will help teach proper nutrition and lifestyle improvement.

Dates: Tuesdays  
September 14 – October 19  
Time: 11 a.m. - Noon  
Class Size: Six participants  
Location: Studio 1  
Instructor: Sarah Onderlinde  
Cost: \$140

Sign up at the service desk or call (269) 544-3200 for more information. ●

### Youth Speed and Agility Clinics

Now your young athletes can learn how to gain a competitive edge in sports. Clinics are led by Dave Bunt, CSCS, and are held for two age groups.

Dates: Sept. 28 – Nov. 5

#### Grades 4 - 6

Wednesdays, 4 - 5 p.m.  
Cost: \$150

#### Grades 7 - 12

Tuesdays and Fridays  
10:30 - 11 a.m. or 4 - 5 p.m.  
Cost: \$300

For more information or to sign up, contact the service desk at (269) 544-3200. ●

## SPORTS

**Basketball Leagues**

Our adult recreational league is designed for players seeking some friendly competition. Sign up as an individual (you will be placed on a team) or enter as a team. Entry forms are available at the service desk. Leagues play on Wednesdays for eight weeks, beginning September 20. The fee is \$35. Sign up at the service desk, or call (269) 544-3200 for more information. ●

**Women's Travel Racquetball League**

The Women's Travel Racquetball League offers competitive round robin play while traveling one Saturday a month to various health clubs around Michigan (i.e. Grand Rapids, Lansing, Detroit). Various ages and ability levels are welcome.

Contact Karen Tudor at (269) 668-3775 or e-mail [ktwodoor@yahoo.com](mailto:ktwodoor@yahoo.com). ●

**Drop-In Racquetball Play**

Want to compete in racquetball without the commitment of being in a league? Feel free to drop-in no matter what gender, age or skill level you are. No sign up is necessary, just stop by the racquetball courts any Tuesday at 5:30 a.m.

Contact Karen Tudor at (269) 668-3775 or e-mail [ktwodoor@yahoo.com](mailto:ktwodoor@yahoo.com). ●

**Diet Myths and Exercise**

Have you ever struggled with diet and exercise? If so, this FYI seminar will help you learn how to eat correctly and balance it with proper exercise. Each week we will explore a nutrition topic, discuss how important diet and exercise are and put into motion what we have learned. At the end of this seminar, all participants will take with them valuable lessons on how to maintain a healthy diet and to exercise in an efficient and safe way.

Week 1: Introduction to diet myths and why diets do not work.

Week 2: The fundamentals of strength training. Can exercise counter-balance poor nutrition?

Week 3: Exercise of the week. Why fats are good for you!

Week 4: Exercise of the week. Recapping diet myths and understanding how we can still enjoy food while maintaining a healthy diet and weight.

**Informational Seminar**

September 22 • 6-7 p.m.  
BAC conference room #3  
Cost: Free (members only)

**Four-week Program**

September 28 – October 21  
5:30 – 6:00 p.m.  
Cost: \$100

For more information or to sign up, contact the service desk at (269) 544-3200. ●

**Upcoming FYI Seminars**

September: Diet Myths and Exercise - *Ryan*

October: Hips and Thighs - *Sheri*

November: Stretching Techniques - *Jeremy*

December: Women and Image - *Elizabeth*

January 2011: Nutrition for Children - *Jalynn*

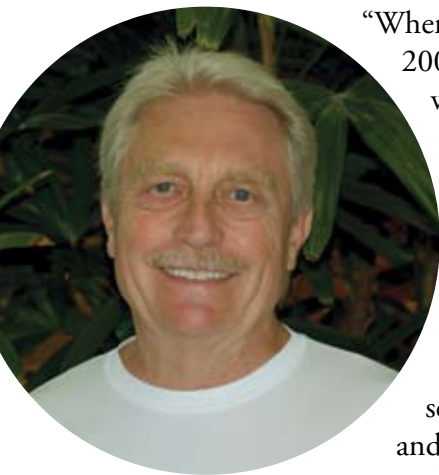
**New BAC Weight Loss Challenge Session Begins September 20**

Inspired by the popular TV fitness reality show "The Biggest Loser," the Bronson Athletic Club (BAC) is launching its fifth 12-week Weight Loss Challenge on September 20. The Challenge consists of an introductory seminar, a nutritional seminar featuring renowned author and trainer Chris Johnson, the *On Target Living Nutrition* book and 12 group-training sessions with a certified personal trainer, plus weekly nutrition recommendations and workout plans.

Prizes will be awarded to the first, second and third place winners who will be chosen at the end of the 12-week program, based on percentage of weight loss.

The next Weight Loss Challenge runs September 20 – December 17. Cost is \$247 for members and \$297 for non-members. Visit [bronsonathleticclub.com/weightloss](http://bronsonathleticclub.com/weightloss) for more information or to register online. ●

## Russ Cooper



“When I retired (in 2005) I wondered what I was going to do,” says Russ Cooper. A 40-year Parchment educator, Russ taught at all levels and even served as a middle and high school counselor. “Bronson offered an eight-week nutrition and fitness class for seniors. I took that class and received several visits to the BAC. My wife, Barb, knew how much I enjoyed that. She got me a membership for Christmas.”

Russ is no stranger to physical exercise. “I love sports,” he says. “That’s my hobby.” Sports are more than just a passing interest for Russ, who has spent a lifetime enjoying athletics and sharing that enthusiasm with others. “I played varsity sports in

high school in Chicago and a little baseball at Western Michigan University.” Russ coached high school football and basketball for more than 25 years and baseball for five years. “I also did a basketball recreation program for 30+ years. I opened the gym at 6 a.m. Mondays, Wednesdays and Fridays for anyone in the community who wanted to play. I think sports are really important. You learn to strive for goals and work together to achieve them.”

Russ introduced his own family to sports when his four children were young. “I used to run with my oldest daughter. She ran in college, became a world-class runner and recently completed the Boston Marathon.” Now Russ enjoys watching his grandkids compete in a wide variety of sports. “When I was 58, I started downhill snow skiing,” he adds. “Eight years ago I established an annual family

ski vacation.” His grown children, two stepchildren and seven grandkids all enjoy skiing, thanks to Russ’ influence.

“I think it’s very important to stay in shape,” Russ explains. “I’ve been fortunate having good health. Regular exercise keeps me toned. For my age, I think I’m in pretty good shape.” For the first five years of his retirement, Russ came to the BAC five times a week. “I like the machines, free weights, the exercise room and jogging on the track. I lift almost every time I come to the BAC.” He enjoys meeting friends at the club, too. “Some people might say I exercise my jaw more than my body,” Russ laughs. “I look at it as a social opportunity as much as a fitness one.” ●

*- written by Kristine Wilkinson*

**Do you know a BAC member you’d like to see featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200 or by e-mail at [jonash@bronsonhg.org](mailto:jonash@bronsonhg.org).**



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### Bronson Athletic Club Staff

President . . . . . Carl Porter  
General Manager . . . . . Jim Reading  
Fitness Director . . . . . Jeremy Wheaton  
Group Exercise Director . . . . . Sheri Shon  
Membership Director . . . . . Heather Jonas  
Building Supervisor . . . . . Mark Jones  
Business Office Manager . . . . . Mary-Elizabeth Bell  
Aquatics Director . . . . . Karen Sue Mackaluso  
Pro Shop Manager . . . . . Char Heckaman  
Service Desk Manager . . . . . Erin Westover  
Deli Manager . . . . . Trish Thomas-DeYoung  
Programs Coordinator . . . . . Kaitlin Johnson

### Club Hours

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.

### Business Office Hours

Monday – Friday . . . . . 9 a.m. – 5 p.m.

### Membership Office Hours

Monday – Thursday . . . . . 9 a.m. – 9 p.m.  
Friday . . . . . 9 a.m. – 8 p.m.  
Saturday . . . . . 10 a.m. – 5 p.m.  
Sunday . . . . . 11 a.m. – 5 p.m.

### Youth Activity Center Hours

Monday – Thursday . . . . . 8:30 a.m. – 8 p.m.  
Friday . . . . . 8:30 a.m. – 5 p.m.  
Saturday . . . . . 8:30 a.m. – 2 p.m.  
Sunday . . . . . Closed