

The BAC Connection

Sports, Health, Fitness and Fun

Be a Weight Loss Challenge Winner

Join Bronson Athletic Club's Weight Loss Challenge to get in the best shape ever — and win great prizes, too!

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 in September. The Challenge consists of an introductory seminar, 12 group-training sessions with a certified personal trainer, a nutritional seminar featuring renowned author and trainer Chris Johnson, the *On Target Living Nutrition* book, plus weekly nutrition recommendations and workout plans.



First, second and third place winners will be chosen at the end of the 12-week program, based on percentage of weight loss, with the first place winner receiving three free months of BAC primary dues and four free personal training sessions. The second place winner will receive one month of free primary dues and three free personal training sessions, and the third place winner will receive two free personal training sessions.

The next Weight Loss Challenge runs September 20 – December 17. Cost is \$247 for members and \$297 for non-members. For more information visit www.bronsonathleticclub.com/weightloss. Registration will be available August 23. ●

Last Chance for Free Dues

Encourage your friends, co-workers, and family members to join the BAC this month. You will receive one month of primary dues free for each new member account you refer by August 31. In addition, the new member you refer will pay only \$195 initiation fee and receive one month of primary dues free.

Pass along the Summer Member Referral Certificate (enclosed in this newsletter) to someone you would like to have as a fellow member here at the club. When your referral joins, please make sure they mention you as their member sponsor. No referral credit will be given if you are not listed as the member sponsor upon joining. Remember, the more people you refer, the more free dues you earn. Refer one person, get one month free. Refer two people, get two months free... and so on. It's our way of saying “thank you” for supporting your club.

For more information and to pick up more referral certificates, please stop by membership services. ●

Golf for a Cause 2nd Annual BAC Golf Outing

Heritage Glen Golf Club
August 21
8 a.m.

\$75 per person

Members and
non-members welcome

Call (269) 544-3200
for more information
and to sign up.

Labor Day Holiday Hours

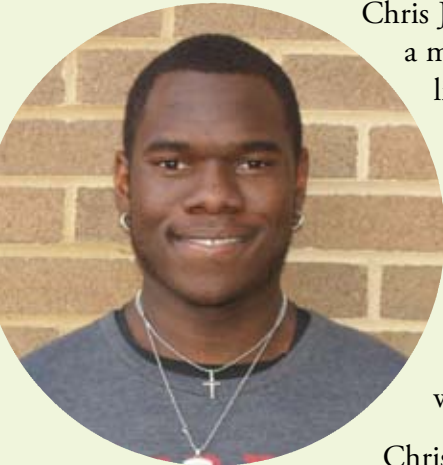
Monday, September 6
7 a.m. - 3 p.m.



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Chris Johnson
Fitness Staff



Chris Johnson

Chris Johnson has a rich history at the BAC. “I became a member when I was in high school,” he says. A lifetime athlete, Chris excelled in sports. He played soccer and football for Kalamazoo Central High School. Winters were spent either on the swim team (his high school freshman year) or on the indoor soccer field. It was a natural step to join the BAC team – first in the Men’s Locker Room and now on the fitness staff – and to study Exercise Science at Western Michigan University, where Chris is currently a senior.

Chris does not merely study physiology, anatomy and holistic health as intellectual subjects, but he lives what he’s learning. “I’ve gotten into body building,” he says. “When I decided to try it in January 2008, I weighed 260 (pounds). By April, I lost 60 pounds for a spring competition.” He trained twice a day at the BAC utilizing “High Intensity Interval Training (HIIT)” and lifting weights while incorporating Meal Patterning principles into his diet. Chris even competes on the national level where he takes pride in “natural body building.” He juggles school, training and work with grace. “I study while I’m working out,” he explains. “What keeps me going is being able to transform myself. It’s very motivating.”

Chris appreciates the BAC as a place to share his passion and train. “I’m more of a mental person when I am lifting weights. I think of each muscle group that I am lifting. The atmosphere at the BAC helps me concentrate.” ●

It’s All About Big Flavor



Cool down after a workout with smoothies that deliver intense, mind-blowing flavor. They contain real fruit puree, antioxidant-rich tea and vitamin C, and are fat-free, preservative-free and dairy-free. Try one in strawberry, peach, mango-tango or Antiox A.P.B. (acai, pomegranate and blueberry).

\$2.75 (small) \$3.50 (large)
 Available at the BAC Deli. ●

INSIDE BRONSON



Choose Bronson for Emergency Medical Care

A new study by HealthGrades has found that Bronson Methodist Hospital is one of just 255 hospitals in the nation, and the only one in southwest Michigan, ranked in the nation’s top 5% for emergency medical care.

The research shows the quality and timeliness of care received in the emergency department has a direct impact on the likelihood of surviving. In fact, a typical patient is nearly 40% more likely to survive an emergency hospitalization at a top-performing hospital like Bronson than at any other. For more information, visit healthgrades.com. ●

BAC Speed and Agility Clinics

Now your young athletes can learn how to gain the competitive edge in sports. Led by Dave Bunt, CSCS, the BAC's speed and agility clinics help to improve performance, athleticism, endurance, balance and flexibility, while learning how to prevent injury. Athletes are tested before and after the program to track real results. Clinics begin in late September 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. ●

Notice of Pool and Floor Closures

All BAC swimming pools will be closed for annual maintenance and repair from Sunday, August 29 through Sunday, September 5. The pools will reopen on Monday, September 6.

Over the next two months, we will also be conducting floor refinishing projects in various areas of the club. Please refer to posted notices to find out when these areas will be closed.

We appreciate your patience while these improvements are completed. ●

Couch to 5K for Beginning Runners

Running 3.1 miles can be hard, especially for a beginner. The thought alone might be enough to scare you away.

The Couch to 5K program is for anyone who wants to improve fitness, running time, get a jump start to a healthy lifestyle or just make a workout routine change. With resistance training and a running program, you will learn how to stay motivated and watch your progress from day one — and will be able to run a 5K within two to three months.

Join Sarah Onderlinde, NSCA certified personal trainer, at the BAC for a free seminar on August 23 to learn more about running a 5K.

Free FYI Seminar:

Monday, August 23rd • 6 -7 p.m.

Couch to 5K Program:

Session runs: August 30 - September 20

Days: Monday and Wednesday

Time: 6 - 6:30 p.m.

Cost: \$100

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

Upcoming FYI Seminars

August: Couch to 5K - *Sarah*

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*

SPORTS

Register Now for Fall Leagues

Racquetball Leagues: September 13

Our racquetball leagues are designed to accommodate your busy schedule. The people and the week you play will be preset; you choose the day and time you will play. Choose from Advanced (A), Advanced/Intermediate (AB), Intermediate (B) and Novice (C) levels of play. League fee is \$15.

Sign up at the service desk, or contact league coordinator John VandeWeerd at (269) 544-3200, ext. 54.

Basketball League: September 20

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. ●

Sherry Sanders, Lester Roberts and Vicki Coe



Left to right: BAC members Vicki Coe, Lester Roberts and Sherry Sanders

Childhood friends Sherry Sanders and Lester Roberts grew up together, but lost touch over the years. Now, 35 years

later, thanks to a commitment to health, they have not only reconnected but are “joined at the hip,” as Les says. Adding Sherry’s housemate Vicki Coe to the group creates powerful motivation – a goal to stay healthy, a facility that accommodates that goal and especially the camaraderie of achieving the goal together.

When Sherry invited Les to the BAC, he recalls, “It was so bright and open. Members spoke to me right away.” Vicki adds, “I was surprised by the amount of equipment available to members. If you have a question, there’s always someone to help you.”

For each of them, exercise is a necessity. “I have neuropathy,” Vicki explains. With symptoms like numbness, tingling and pain in her joints, exercise offers relief. Vicki prepared for knee replacement surgery last August by swimming and walking at the BAC. With her doctor’s permission, she performed post-op rehabilitation at the BAC as well. “At first it was a great accomplishment to do one revolution on the recumbent bike,” Vicki remembers. “Now I ride 12 miles a day.”

Sherry and Les faced a different health challenge. “I was diagnosed with type 2 diabetes,” Les explains. “I tried going outside to walk. But it was so easy to put it off.” Sherry also understands the disease well. She says, “I controlled my diabetes for seven years with diet. As I got older, though, it progressed. When I didn’t exercise, it was out of control.” Les, with Sherry’s encouragement and a willingness to “read, listen and

learn,” began a “new adventure” in nutrition education and regular exercise.

What began as a twice-a-week BAC workout, grew to a five-times-a-week commitment. Vicki, who works at Walmart after her daily exercise, says, “My health is better all around. I’m not in constant pain now.” Sherry adds, “My blood work looks really good. I feel great.” Les, a WMU retiree who works for the Portage Senior Center and sings professionally, has lost 18 pounds. “I look forward to coming to the club. It has been a godsend.”

“We have a good time.” Sherry offers, “We’re kind of noisy – we like to sing and we have a reputation for fun.”

The three friends agree, “It’s more than a gym – it’s a club.” ●

- 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 email at jonash@bronsonhg.org.



6789 Elm Valley Dr.
Kalamazoo, MI
49009

Phone
(269) 544-3200

Fax
(269) 544-3298

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