

The BAC Connection

workout and play in a new way

Save the Date

Southwest Michigan
Racquetball Shootout
March 12-14
at the BAC.

Electronic Funds Transfer Available to BAC Members

Pay your club dues and fees automatically by credit card, debit card or from your bank account.

See the insert included with this newsletter for the available options.

Annual IronBAC Triathlon on March 20

Mark your calendars! The 9th Annual IronBAC Indoor Triathlon will be held on Saturday, March 20. The IronBAC consists of a 20-minute swim, a 20-minute bike and a 20-minute run with a five minute transition period between each event. There are 10 different start times available so hurry and sign up; spaces are limited to the first 60 participants.

If you prefer, you can register a team made up of three individuals with each person doing one leg of the event. The design of the IronBAC makes it a great way for people to compete in a triathlon at their own pace and makes it a friendly and positive experience for “first timers.”

The IronBAC is great for both the endurance athlete and novice alike. The cost of the event is \$25 for individuals and \$50 for teams. Space is filling up fast so don't delay. A free t-shirt will be given to all participants. Prizes will be awarded to the top male and female finisher in each of the six age categories. Stop by the service desk for more details and to register. ●

First Class Completes Swimming Boot Camp

Congratulations to the first class to complete the Bronson Athletic Club swimming boot camp. The camp was held January 4 – 8 for one hour daily. The advanced class, coached by David Pohlonski, consisted of setting an aerobic base for each participant, video stroke analysis above and below water, times, suggested workouts, and a last day 3500-yard Fishburn swim.



Pictured left to right: Front: Beth Principe, Ceryl Rielhman, Jennifer Omo. Back: Tim Farrow, Jack Bley, Richard Roy.

Look for an upcoming class in February or March. The class is limited to six people, and participants must be able to swim continuously for 30 minutes. For more information, call Dave at (269) 381-6300. ●



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Laura Hunter
Youth Activity Center



Laura Hunter

“I like the age groups I work with,” begins Laura Hunter. In the BAC Youth Activity Center, that means working with kids from 8-weeks-old to 12-years-old. When it comes to our youngest members, Laura has the Pied Piper touch. Her teammates report that, “the children cling to her.” Laura attributes it to her status as “Olivia’s mom.”

Laura came to the BAC after she and her husband Jeremy had their first daughter (Olivia is now two-years-old). Youth Activity Center offered Laura the chance to bring her daughter to work. “Before I had Olivia, I worked at the Sojourner House (assisted living for senior citizens) as a personal service assistant passing out medications and giving insulin shots.” She says she enjoys the energetic and positive atmosphere at the BAC. “I like the families,” Laura says. “I like the things the kids say.”

Growing up in Schoolcraft and graduating five months early from Portage Community High School, Laura participated in volleyball, basketball and baseball. Although she doesn’t have much time to exercise now, she appreciates the BAC facility and all it offers. Laura adds, “Everybody in the Youth Activity Center is awesome. They are so nice and everybody helps out.” ●

INSIDE BRONSON

Healing the Healer: One Step at a Time...

Did you know that maintaining a health and personal fitness program is difficult for the 75 percent of the population who work in healthcare? Healing the Healer is a specially designed program that launches healthcare providers into a lifelong journey of health and well being. This six-week class combines a starting fitness program of Nordic walking with presentation and project simulator — and examines the unique challenges of staying healthy and fit within the healthcare field.

The class will be offered at the BAC. Classes start the week of February 23, and are offered Tuesdays 6-7:30 p.m. or Fridays 8-9:30 a.m. (either option is available and interchangeable). The cost is free to members and \$45 for non-members. Nordic walking poles will be loaned (in class) by Gazelle Sports to the first 12 people who sign up. Class size is limited. Call (269) 544-3200 to register. No class the week of March 1. Bronson employees may use their wellness dollars benefit for reimbursement of the class. ●

SPORTS

Hours for Basketball Challenge Courts

NBA

(Noon Basketball for Adults)

Monday, Wednesday, Friday
 11:30 a.m. – 1 p.m.

Challenge Basketball

Monday – Friday
 6:30 – 8:30 p.m.

Teens (ages 12-17)

Monday – Friday
 3 – 5 p.m.

Women

Tuesdays (Court 2)
 6:30 – 8:30 p.m.

Free Racquetball Lessons

Learn to play racquetball the “right way.” We will teach you the fundamentals of the game including rules, stroke mechanics, court positioning and movement, shot selection, serve and return of serve.

The clinic meets on Fridays from 6 – 7 p.m. and is led by instructor John VandeWeerd. Call (269) 544-3200 or sign up at the service desk ●

Cell Phone Courtesy

Please follow these guidelines with regard to cell phone use at the club. Respect others by keeping cell phones on vibrate. If you must take a call, step away from the workout area or class so you don’t disturb others. Please keep cell phone conversations quiet and to a minimum. No camera phones are allowed in the locker rooms. ●

Golf Clinic

Do you want to hit the ball farther and straighter, and learn how to read greens correctly to sink your putts?

The BAC Golf Clinic is a six-week program designed to improve golf performance by teaching golf skills, strength, conditioning and nutrition. This clinic offers the best of both worlds with exercises from certified strength and conditioning specialist Dave Bunt, and swing mechanics and golf skills from PGA certified golf pro Mike Fenstermacher. Improve your flexibility, strength, stamina, and avoid injury.

Classes are held on Saturday mornings starting March 13 for six-weeks and includes a nine-hole stroke challenge at Gull Lake Country Club. The cost is \$419 per golfer.

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

BAC Deli Special



From February 17 to March 17, try a delicious reuben sandwich at the BAC Deli for just \$5.75. Our reubens are made on swirl rye bread with swiss cheese, sauerkraut and thousand island dressing — available in both traditional corned beef and California turkey varieties. Enjoy! ●

Obesity Rate on the Rise

If Americans continue down their current path, the obesity rate in the United States will reach 43 percent by 2018. And there are six states projected to have a 50 percent or higher adult obesity rate by the same year. What does that mean in dollars and cents?

Between now and the year 2018, \$344 billion will be spent on healthcare and combating other obesity-related illnesses such as high blood pressure, heart disease and diabetes. An associated increase in obesity-related health spending of \$1,600 per person per year is also predicted.

Let's relate the obesity problem in this country to the phrase "it's just the tip of the iceberg." The portion of an iceberg that is visible above the water line (the tip) is only a small portion of the massive problem that awaits a ship at sea. Although it may look harmless at the surface, there are complications below that even the strongest of ships can't surmount. The same idea can be applied to understanding the underlying risks associated with being overweight or obese. By the time the problem is recognized, health and quality of life are compromised.

What can you do? You can take steps today to prevent obesity and the problems forming below the surface, and to improve your health and quality of life. Please contact a BAC personal trainer to find out how you can avoid the complications of obesity in your life. ●

Source: *The Future Cost of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses*, Ken Thorpe, Ph.D., Emory University health care economist.

Will You Pedal for Hope at the BAC?

Come to the BAC on February 27 and spin to help cancer. This is the third year the BAC has coordinated a Pedal for Hope event. This year's event will be even bigger than ever. Come and pedal for at least a half hour and help local families who are battling cancer. All proceeds will be donated to the West Michigan Cancer Center and the Bronson Health Foundation to help cancer fighters and families here in southwest Michigan.

Location: Bronson Athletic Club

Date: Saturday, February 27

Time: noon – 5 p.m.

Cost: \$30 for a half hour spinning time slot

Pedal for Hope is a registered non-profit organization. For information or to sign up, stop by the service desk or visit pedalforhope.org. ●

Dan Perk and Family



Dan Perk has always valued exercise. While growing up, he played football, baseball and basketball. His many outdoor interests that have kept him

active over the years include biking, fishing, hunting, and running. But juggling a career as an attorney with Miller Johnson (specializing in commercial litigation and immigration), plus raising a busy family of three children eventually eclipsed regular exercise.

So less than a year ago, Dan decided it was time to change. "I had gained weight. I wanted to get active again and get back into shape," he explains. He developed a foolproof strategy to stick with it which involved the whole family. Dan and Nikki's children including Taylor (age 16),

Zack (age 14) and Gabrielle (age 10) became his partners in regular exercise. "We made an agreement that if I would go, Zack would go." Today they workout at the BAC four to five days a week, arriving at 5:30 a.m. Most teenagers (including Zack) don't like to get out of bed a minute before they must, but Dan says, "Zack has been great about it. He said he'd do it and he has stuck with it." Father and son developed an exercise routine that involves cardiovascular exercise and weight training. "Zack knows how to exercise to his toleration level without overdoing it. He does his set of exercises and I do mine." Daughter Taylor, an avid dancer, jumped into the routine too, accompanying her dad three days each week. She adds swimming to her workout regimen.

Zack says he enjoys the time he spends with his dad at the BAC. "It's a lot better waking

up to do something you want to do," he says. "I feel more awake and alert at school now." Zack looks forward to this spring's lacrosse season at Portage Central High School where he is a freshman. He appreciates the strength and endurance he has gained over the last few months. Dan adds, "I'm in the best shape I've been in since college. I'm pretty close to my ideal weight." In fact, Dan is considering competing in the Augusta Shermanator Sprint Triathlon this year. "I'm a horrible swimmer," he laughs. But Taylor is ready to offer advice and encouragement in the pool. "Even Gabrielle likes to workout, especially on the weekends. Exercise has evolved into a family thing for us," Dan concludes. ●

- written by Kristine Wilkinson

Do you know a BAC member you'd like to nominate to be featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200.



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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 – Friday	5:30 a.m. – 10 p.m.
Saturday/Sunday	7 a.m. – 9 p.m.

Business Office Hours

Monday – Friday	9 a.m. – 5 p.m.
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Membership Office Hours

Monday – Thursday	9 a.m. – 9 p.m.
Friday	9 a.m. – 8 p.m.
Saturday	10 a.m. – 6 p.m.
Sunday	10 a.m. – 6 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	Noon – 4 p.m.