

The BAC Connection

workout and play in a new way

Holiday Hours

New Year's Eve

Thursday, December 31
5:30 a.m. – 5 p.m.

New Year's Day

Friday, January 1
7 a.m. – 5 p.m.

We wish you and your family a safe and enjoyable holiday season!

Pilates Open House

Saturday, January 9
10 a.m. – noon
Free demonstrations at the BAC Pilates studio for new clients only.



THIS ISSUE

January MVP	2
Inside Bronson	2
Dolphins Swim Team	2
Weight Loss Challenge	2
Dues Increase	3
Winter Programs	3
Member Profile	4

On Target Living Seminar

In the On Target Living seminar, nutrition, health and fitness expert Chris Johnson blends just the right amount of nutritional and physiological information with a sensible program that anyone can begin immediately and follow for life. The On Target Living seminar gives you the knowledge, skill and motivation to improve your health, feel good, have better energy throughout the day and control your weight. The seminar is Saturday, January 9 from 9 - 11 a.m. Cost is \$35 for BAC members, \$40 for non-members.

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



Chris Johnson

Make your New Years Resolutions R-E-A-L! (Reasonable, Energetic, Attainable and Lasting)

- **Reasonable.** Don't set yourself up to fail. Set some short-term and long-term goals that are reasonable and attainable. You have to plan a strategy. Keep a daily journal of your progress. Be honest with yourself.
- **Energetic.** You have to have balance in your life. You need rest/relaxation, nutrition and exercise. You must have all three. Block some time out of your busy schedule for yourself; try a group exercise class with a friend. You are more apt to stick with a routine if you have a workout partner.
- **Attainable.** Try focusing on small, short-term goals first. Small behavior changes are easy to stick with and if you do happen to miss a day, don't feel like you have failed. Just get back on track the next day. By accomplishing smaller goals, you will have a more immediate feeling of success and a positive self-image. Having a large goal can lead to disappointment, frustration and failure.
- **Lasting.** Create a 12-week action plan for yourself. Change leads to a different action to obtain different results. Think big, but start small.

Start today by asking a friend to join you at one of the many BAC group exercise classes. For more information regarding group exercise classes or personal training, contact Sheri Shon, group exercise director, or Jeremy Wheaton, fitness director, at (269) 544-3200. ●

Josh Squires Club Maintenance



Josh Squires

“I truly think the pools here are the best in town,” says Josh Squires. Arriving at the BAC every weekday before dawn, Josh makes sure the aquatic facilities are spotlessly clean and properly maintained. He adds, “We have a great team,” who works together in that effort.

Josh came to the BAC with experience as a maintenance manager and a member of a pool and spa committee with the Kalamazoo County Health Department. He earned his CPO (Certified Pool Operator) certification several years ago. “I wanted to learn more,” he explains. “I had a background and an interest. I’ve always been a tinkerer.” Growing up in Fenton, Mich., Josh remembers exasperating his parents with his fascination for taking things apart and (usually) putting them back together.

When he’s not poolside, Josh enjoys his family and sports. He loves downhill ski racing, running with his wife Kim, playing racquetball with his brother, bowling in the winter and fishing in the summer. Whatever he tackles, Josh applies a positive attitude and a can-do spirit that make the process a pleasure. ●

INSIDE BRONSON

Bronson LakeView Hospital Receives Quality Award

Bronson LakeView Hospital has received the Michigan Center for Rural Health’s 2009 Michigan Rural Health Quality Improvement Award for Quality Improvement Achievement. The award acknowledges Bronson LakeView Hospital’s quality improvement efforts in both inpatient clinical performance and emergency room transfer performance. Award recipients are honored for embracing evidence-based medicine to advance systems and processes to improve the quality and safety of care delivered to their patients. ●



Congratulations to the Dolphin swimmers who competed in our seventh annual fall swim meet on November 14, 2009. We had a record number of 60 kids sign up. Thanks to our volunteers and coaches who made the swim meet run smoothly. We could not have done this so quickly without you!

BAC Weight Loss Challenge

starts January 18, 2010

Join Bronson Athletic Club’s Weight Loss Challenge! Inspired by the popular TV fitness reality show “The Biggest Loser,” the Bronson Athletic Club (BAC) is launching its third 12-week Weight Loss Challenge on January 18.

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, and weekly nutrition recommendations and workout plans.

Participants in the BAC’s most recent Weight Loss Challenge lost a total of 900 pounds. Not only that, many participants were able to reduce or even eliminate some of the medications they were taking as a result of losing the extra weight.

Whether you want to lose 20, 30, 40 or more pounds, the BAC’s ultra-successful Weight Loss Challenge is for you.

Members: \$247
Non-Members: \$297

What are you waiting for? Visit www.bronsonathleticclub.com/weightloss for more information and to register for the program. ●

PROGRAMS

Women on Weights starts January 12, 2010

This class is designed to be challenging for women of all fitness levels. It also teaches proper nutrition and lifestyle improvement.

Time: 11 a.m. – noon

Members: \$140

Non-Members: \$150

Line Dancing

January 24 - February 28

Put on your boots for some country line dancing!

Sundays, Jan. 24 – Feb. 28

Beginners: 5 – 6 p.m.

Easy-Intermediate: 6 – 7 p.m.

Members: \$25

Non-Members: \$30

To sign up for either of these programs, visit the service desk or call (269) 544-3200. ●

Monthly Dues Increase

At the end of each year, BAC management reviews the past year's operating expenses and the anticipated increase in the Consumer Price Index, projects the club's needs for the coming year, and then makes necessary adjustments to dues. Based on that review, effective January 1, 2010, monthly dues will increase by \$3 for primary members. There will be no increase for associate members. ●

Parent's Night Out

Friday, January 29

Drop your kids off at the BAC for a fun-filled night of winter activities while you relax and enjoy a night on the town.

Time: 6 – 9 p.m.

Ages: 4 - 12

Members: \$18/one child
\$30/two children, \$35/family
(four children qualify as a family, \$5 extra for additional children).

Non-Members: \$28/one child,
\$40/two children, \$45/family
(four children qualify as a family, \$8 extra for additional children).

Gym Tots/Bugs

starts Saturday, January 16

Gym Tots: Learn how to stay connected with your 1-2 year old child through our six-week class that teaches parents how to interact in a loving, playful way.

Gym Bugs I: This six-week class is designed to develop your three-year old's balance, coordination and motor skills, with the use of music and games.

GymBugs II: Help promote healthy habits to your 4-5 year old child with this six-week class that focuses on continued development of gross and fine motor skills as well as balance, coordination, and body awareness.

Times: 11 a.m. – 12:30 p.m.

Members: \$30

Non-Members: \$35

To sign up for any of these programs, visit the service desk or call (269) 544-3200. ●

BAC Basketball League

January 19 - March 9

Recreational league. Playoffs and championship game for each session. A league meeting will be held Tuesday, January 12 at 7 p.m.

Tuesdays, Jan.19 – March 9

Members: \$35

Non-Members: \$45

Non-members must be sponsored by a member. Teams must consist of 60% members.

For more information, contact Brian Dudasko at (269) 544-3200, ext.523. ●

Racquetball Lessons

Learn how to play racquetball or improve your racquetball abilities with individual or group lessons!

For more information or to sign-up call John Vandeweerd at (269) 544-3200, ext. 545. ●

Wallyball Tournament

January 23

Come participate in a day of fun at our first annual wallyball tournament.

Time: noon

Ages: 16 and up

Team: \$40

Individual: \$10

Mark Lipson, Dr. Wendy Bauer and Family



Mark Lipson and Wendy Bauer met at Bloomfield Hills Lahser High School more than 20 years ago and married in 2000. Mark was

a TV cameraman and Wendy finished her medical degree at the University of Michigan to begin private practice at OB-GYN, P.C. in Kalamazoo. They juggled careers and home life. Mark worked at the University of Michigan broadcast facility. Commuting every day to Ann Arbor became difficult as they added children to the family. The couple decided Mark would stay home with the kids.

The Lipsons joined the BAC when it first opened so their children Jack Topic (age seven), Brandon Lipson (six) and Charlotte Lipson (four) could enjoy the pool. The

boys were just 18 months and nine months old when they started swim class. "Wendy would hold one baby and I'd have the other," Mark remembers. By 2006 Wendy's "on-call" physician schedule made committing to a group class like Aqua Babies difficult. So they enrolled Jack and Brandon in private lessons where they flourished. While the boys took their lessons, Mark played in the pool with Charlotte. About a year later Mark remembers, "Charlotte got up, walked over to the side of the pool where her brothers were beginning their lessons and sat right down next to them. She was in!" All three children recently joined the BAC Flounders Swim Team where their first meet was "very positive." Mark says, "I appreciate that the kids are confident swimmers. We can travel with them and feel comfortable around pools and lakes. They get physical

exercise without even knowing it. We love what the kids have learned through Karen Sue Mackaluso and the other swim teachers. The whole program is great."

Wendy manages to fit the BAC into her busy schedule three times a week. Mark admits he's "off and on" but he enjoys Tae Kwon Do and adds energetic playtime with the kids to his fitness log. He says, "We try to keep our family active – either in classes like swimming or just playing out in the yard." To that end, the children also play soccer and baseball while Mark participates as T-ball coach. "The kids aren't glued to the TV or video games," he 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.