

The BAC Connection

Sports, Health, Fitness and Fun

Earn Free Dues This Summer

Summer is a time for you and your friends to save money at the BAC. For each new member account you refer by August 31, you receive one month of primary dues free! In addition, your friend will receive a \$200 discount on the membership initiation fee. Plus, if your friend joins in July, he/she will receive the first two months of primary dues free — a total savings of up to \$402 by joining in July.

Give the Summer Member Referral Certificate in this newsletter to a friend, family member, co-worker, etc. When your referral joins, 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.

The Summer Member Referral Program is our way of saying thank you for supporting the club, as well as, giving you an opportunity to invite your friends to join the BAC and save. 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.

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



Independence Day Holiday Hours

Sunday, July 4
7 a.m. - 3 p.m.

We wish you a safe
and fun holiday!

BAC Hosts Second Annual Golf for a Cause

Please join us for a fun-filled day of golf at our second annual golf outing benefiting the Bronson Health Foundation. The package cost includes breakfast, an all-American grill cook-out lunch, prizes, 18 holes of championship golf including cart, range balls, professional event services, choice of a logo ball or yardage guide and professional scoring. Heritage Glen Golf Club will donate \$5 per golfer to the Bronson Health Foundation and the BAC will match the money raised.

Date and Time: August 21 • 8 a.m. start

Where: Heritage Glen Golf Club, Paw Paw

Cost: \$75 per person, members and non-members welcome

The Bronson Health Foundation helps support Bronson Methodist Hospital and its related entities in their efforts to improve health and promote wellness throughout our region. For more information or to sign up for the outing, call (269) 544-3200. ●



THIS ISSUE

- July MVP 2
- Inside Bronson 2
- Youth Activities 2
- Climb for Kids 2
- Programs 3
- FYI Seminars 3
- Member Profile 4

Sandy Eaton

Deli



Sandy Eaton

“I’m an early bird,” Sandy Eaton confesses. Arriving at the club before 5:30 a.m., Sandy loves to see other early risers ready to start their day at the BAC. “These members are so dedicated. I love my early birds. They are such a joy.”

Sandy came to the BAC several years ago when her husband, Jud Eaton (BAC maintenance teammate and former MVP), suggested she apply. “I sold industrial power transmission equipment for more than 20 years,” Sandy explains. “Then I was downsized.” With characteristic determination, Sandy set out to find her next calling. “It was the best thing that could have happened to me. My mother had Alzheimer’s at the time. I went to Virginia to be with my parents.” There she appreciated becoming reacquainted with her mother and father while easing their transition to assisted care.

Now Sandy enjoys working part time at the BAC, and enjoying life with her two daughters, three granddaughters and her husband. “Jud’s my guy,” she laughs. “We’ve been together nearly 44 years, but it seems like two weeks. It’s our story and we’re sticking to it!” She also loves the outdoors and is a member of the Kalamazoo Nature Center where she enjoys hiking and birdwatching, especially for raptors. So it’s a real compliment when Sandy playfully teases about our early morning members, “They’re a hoot – my morning specials.” ●

INSIDE BRONSON

Ready to Quit Smoking?

Bronson is offering the Freedom From Smoking® program to help you quit. Researched and developed by the American Lung Association, this seven-week, eight-session adult smoking cessation program uses positive behavior change in a support group setting. Studies show that people who use the program are six times more likely to be smoke-free one year later than those who try to quit on their own.

The cost of the class is \$100 and includes all workbooks and materials. If you or someone you know is ready to quit smoking, call (269) 341-6947 for more information today. ●

YOUTH ACTIVITIES

Gym Bugs & Tots

This six-week class is designed to develop balance, coordination and motor skills for children ages one to five. With the use of music and games, your children will learn to be active in a fun and energetic atmosphere. The class also teaches healthy habits essential in fighting childhood obesity. Class size is limited to 10 children.

Start date: Wednesday, July 7

Time: 9:30 - 11:30 a.m.

Location: BAC gymnasium

Instructor: Kaitlin Johnson

Each class is divided by age. For specific times for your child’s age group, please contact the service desk at (269) 544-3200. ●

BAC Hosts Climb for Kids July 24

Join Bo Parfet, BAC member and mountain climber, to raise funds for three local charities — the Bronson Health Foundation, the Kalamazoo Nature Center and the SLD Learning Center.

Bo will using our state-of-the-art fitness equipment to simulate a climb of Mt. Manaslu in Nepal — the world’s eighth tallest mountain at 26,781 feet (8,163 meters). You can help by donating money or a gift — or even by climbing for kids yourself. Have people sponsor you and generate money for each vertical foot that you climb.

For more information, contact the Bronson Health Foundation at (269) 341-8100. ●

PROGRAMS

Fitfest 2010

The BAC will host Fitfest 2010 on Friday, July 16 and Saturday, July 17.

Members will be able to shop at the fitness expo trade show on Friday and Saturday from 12 noon - 6:30 p.m. Members will also have the opportunity to meet Mindy Mylrea, creator of the Gliding™ Disc, and Leslie Bender, creator of the “Bender Ball™.”

BAC classes will be canceled on July 16 and 17 while the BAC hosts this event, with the following exceptions:

Friday, July 16, 2010

9:15 a.m.

Spinning class *with Jalyynn* (must sign up at the service desk)

9:15 - 10 a.m.

HydroFit Water Exercise class *with MaryAnn*

10 - 10:45 a.m.

Shallow Water Exercise class *with MaryAnn*

Saturday, July 17, 2010

8 - 9:30 a.m.

Boot Camp (outdoors) *with Todd Christensen*

7:15 - 8 a.m. Spinning class *with Mary*

9:15 - 10 a.m.

Spinning class *with Tim*

9 - 10 a.m.

Hydrofit class *with Jackie*

For more information, contact Sheri Shon, BAC group exercise director, at (269) 544-3200. ●

Try a 30-minute Summer Workout!

The summer is a time for cookouts, working in the yard and being outside.

Don't let all the hard work you put in over the fall and winter go to waste. Learn how to get your workouts done in 30 minutes so you can enjoy the outdoors.

A free FYI seminar on the subject will be held on Monday, July 19 at 5:30 p.m. Join Jalyynn Schnur, A.C.E certified personal trainer, for details on how to intensify and consolidate your workouts.

The 30-Minute Sculpting Workout can be done anywhere or anytime. There is no need for a gym. You can workout at the park, home or beach. Or, if you need more accountability, you can sign up for a class at the BAC. Classes will be held on Monday and Thursday for four weeks, July 26 to August 30, from 5:30 - 6 p.m. The cost is \$100.

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

**Boot Camp 2010
Fit Nation Tour**

The outdoor boot camp course is for all fitness levels and will enhance your personal fitness goals by pushing you to perform at your personal best. Your drill sergeant will motivate you to go the distance and encourage you to work as a team.

Instructor: Todd Christensen, *US Army Drill Sergeant-Airborne-Combat Advisor*

Class dates: Saturdays
July 10 to August 14

Time: 8 - 9:30 a.m.

Cost: Member free,
non-member \$75

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

Upcoming FYI Seminars

July: 30-minute workouts for summer *Jalyynn*

August: Couch to 5K *Sarah*

September: Diet Myths and Exercise *Ryan*

October: Hips and Thighs *Sheri*

November: Stretching Techniques *Jeremy*

December: Women and Image *Rebekah*

January 2011: Nutrition for Children *Jalyynn*

**How Not to Be
A Victim**

This one-day course will help individuals recognize, eliminate and avoid potentially dangerous encounters by becoming more aware of daily surroundings with physical confrontation as a last resort.

Dates: June 26, July 31
and August 21, 2010

Location: BAC Studio #3

Time: 1 - 3:30 p.m.

Instructor: Captain Tom Shull, *Kalamazoo County Sheriff Department*

For more information or to sign up, contact Sheri Shon, BAC group exercise director, at (269) 544-3200. ●

Sandy Lynch



Shortly after the BAC opened its doors for the first time, Sandy Lynch joined. Her husband of 24 years, Hugh, found the club while undergoing physical therapy for back surgery. Growing up in Portage, Mich., Sandy says, "I was a skinny girl. Then my weight became more of a problem. I lost the same 25 pounds over and over, just to gain it back. Since I joined (eight years later), I've kept it off." But it wasn't a weight loss goal that brought Sandy to the club, nor does it keep her coming faithfully three times every week over the years. "I have rheumatoid arthritis," she explains. "I've had it for 29 years."

Sandy works full time as a dental assistant. She and Hugh

have four grown children and seven grandchildren. "I'm on my feet all day," she says. Avoiding high impact exercise, Sandy instead heads for the BAC pool and HydroFit group water exercise class. HydroFit is a power intensity workout using water resistive equipment in the deep water with no impact to strengthen and tone all muscle groups. Sandy says it has made a big difference in her overall health. "I give credit to the HydroFit instructors," Sandy enthuses. "I've been doing this for eight years, but the instructors make it very rewarding." She continues, "People can go their own pace in HydroFit. You see all different shapes and sizes. It's a good cardio workout. We do sprints, pop-up exercises and work our glutes and core. It helps a lot with balance. If you feel like doing more, you can. I enjoy the companionship, too. It's a nice group of people with the same goal: to stay healthy."

"I go three times a week," Sandy continues. "It's important that I make it consistent. I plan my life around it. I know it's going to make me feel better." Sandy reaps the rewards of that consistency in several ways. "This is the longest I've kept the extra weight off, I've strengthened my wrists and kept my joints mobile." She continues to enjoy hobbies that many people with rheumatoid arthritis can no longer do, like sewing, making crafts and biking. "My physician says my mobility is exceptional for someone with my condition. As long as I stay with my exercise program, I feel pretty good," Sandy concludes. "It's key for me in staying healthy." ●

- 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.



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 Noon – 4 p.m.

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