

# The BAC Connection

Sports, Health, Fitness and Fun

## Independence Day Holiday Hours

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

We wish you a safe  
and fun holiday!

## New Friday Club Hours

Upon evaluating the  
club usage, the BAC  
will be closing at 9 p.m.  
on Fridays beginning  
on May 28.

## Climb For Kids: Turning Stumbling Blocks into Stepping Stones

Bo Parfet, BAC member and mountain climber, is stepping up to raise funds for three local charities. Classified as a professional ski mountaineer, Bo has traveled the world while conquering the Seven Summits (the highest mountains on every continent). On July 24, from 8 a.m. to 5 p.m., he will use the StepMill and AMT fitness equipment to simulate a climb of Mt. Manaslu in Nepal which, at 26,781 feet (8,163 meters), is the world's eighth tallest mountain. He will climb it himself in September.



**Bo Parfet, BAC member and professional ski mountaineer at the summit of Mt. Everest.**

The goal of this special event is to raise money for the Bronson Health Foundation, the Kalamazoo Nature Center and the SLD Learning Center. All of these charities focus passionately on helping kids to overcome obstacles and achieve their dreams. Please help raise money for them by donating money or a gift — or even by climbing for kids yourself! That's right, by showing up, having people sponsor you, and using the Stairmaster®, StepMill® and Precor™ AMT fitness equipment, you can generate money for each vertical foot that you climb.

Please call the Bronson Health Foundation at (269) 341-8100 for more information. ●

## Tell Your Friends — Join the BAC in June for the Biggest Savings of the Year

Our summer member referral campaign begins this month with the best savings of the year. For each of your referrals that joins the club, you receive one month of primary dues free. In addition, your referral pays only a \$199 initiation fee and doesn't pay any primary dues until September 1. Now is the time to encourage your friends, family members and co-workers to join the BAC.

We will be offering the member referral incentive throughout the summer to our members, but your friends will save the most by joining by June 30, 2010. Ask your friends to get started with you and the BAC today! For more information, please stop by Membership Services. ●



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## Erica Bonnema Youth Activity Center



Erica Bonnema

Growing up in Portage, Mich., Erica Bonnema had two special extracurricular activities: sports and babysitting. “I was in gymnastics for years,” she explains. “And I swam with the Portage Northern High School Swim Team.” Erica adds, “I started babysitting when I was 14 or 15.” She says she likes working with children, “I love their personalities and how busy they can be.”

A couple of years ago, when Erica was looking for a part time job, she found the BAC, and it was the perfect fit. “I like it very much (in the Youth Activity Center),” she enthuses. “I’ve gotten to know the kids over the years. They make my day. I like the people I work with too. It’s a nice environment.” Even when little members are occasionally sad to see mom or dad leave for an hour workout, Erica enjoys cheering them up. “Usually by the time their parents come back,” she smiles, “they don’t want to leave (the Youth Activity Center).” Erica also appreciates the opportunity to exercise at the BAC. “I do Pilates pretty regularly. It helps you learn how to get the most out of your workout,” she concludes. ●

### INSIDE BRONSON

## Looking for a Spine or Neck Pain Specialist?

When there are some things you just can’t do because it causes pain in your back or neck, Bronson’s new medical spine specialist, Dr. Paula Kilmer, can help. She specializes in relieving pain associated with neck and back problems.

Dr. Kilmer’s special interests include non-surgical spinal treatment, pain injections, medications and pain management. She also coordinates patients’ care with their neurosurgeons, neurologists, physical



Dr. Paula Kilmer

therapists, chiropractors and other specialists. Dr. Kilmer is board certified in physical medicine and rehabilitation, and electrodiagnostic medicine. Questions? Call Bronson Neurological Services at 341-7500. ●

## Fitfest Returns to the BAC for 2010

The BAC is pleased to host Fitfest again this year. Fitfest 2010 will be held on Friday, July 16, and Saturday, July 17.

By hosting this conference, the BAC group exercise instructors and personal trainers can continue to bring members the best the fitness industry has to offer. Members will be able to shop at the fitness expo trade show on Friday and Saturday from 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.

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

## Motorcycle Parking

We have been notified by the Kalamazoo County Sheriff that it is unlawful to park motorcycles on the sidewalk. Motorcycles that are parked on the sidewalk may be ticketed. All motorcycles must be parked in the parking lot instead.

Thank you for your cooperation. ●

YOUTH ACTIVITIES

**BJ Sports Youth Lacrosse Clinic**

This clinic, designed for beginners, is a great introduction to the fastest growing sport in the country. Lacrosse staff members will introduce basic skills and reinforce these through instructional games. The clinic will focus on building friendships and self esteem while learning the game of lacrosse.

Dates: June 14 - 17

Session One: Ages 5 - 9  
Time: 9 - 10 a.m.  
Cost: \$50

Session Two: Ages 10 - 14  
Time: 9 - 11 a.m.  
Cost: \$70

Cost includes a camp t-shirt. In case of inclement weather, a make-up day will be held on June 18, 2010.

To sign up, stop by the service desk or call (269) 544-3200. ●

**Join the Summer Fun at the BAC Kids Day Camp**

The BAC Kids Summer Day Camp offers plenty of opportunities for your children to stay active this summer. Our day camp is available for 6 to 12 year olds for a day, a week or the entire summer. You can even invite your children's friends to join in the fun as non-members are also welcome.

**FYI — Core Strength and Spine Health**

The FYI – Core Strength and Spine Health is a class that focuses on key stretches and exercises of the abdominals, obliques and low back. The class is designed by Dave Bunt, certified strength and conditioning specialist, who has dealt with spinal injury, and has personally experienced the relief from pain and stiffness that proper exercise and stretching brings.

Drawing from his expertise and experience, he will teach the keys to maintain proper posture, execute proper technique and focus on engaging the correct muscle, not just performing the right movement. This class will give you the confidence to exercise safely, and obtain true joint integrity for your spine, especially your lower back (lumbar), to live a healthy, active and pain free life.

A free FYI seminar on the subject will be held on Tuesday, June 8, at 7 p.m.

Classes will be held on Tuesdays and Thursdays for four weeks, from 7 – 7:30 p.m., June 15 to July 8. The cost is \$100.

For more information or to sign up, contact Dave Bunt at (269) 544-3200. ●



Dave Bunt, CSCS  
BAC personal trainer

Camp sessions run throughout the summer beginning the week of June 7, 2010. Daily camp hours are from 9 a.m. to 3 p.m. Childcare is also available before and after the daily session.

**Camp Weekly Rate**  
Members: \$134/wk.  
Non-Members: \$149/wk.

**Camp Daily Rate**  
Members: \$34/day  
Non-Members: \$39/day

**Pre- and Post-Camp Childcare**  
7:30 to 9 a.m.  
and 3 to 5:30 p.m.  
\$3 child/hour

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

**BAC Pro Shop Offers Great Gear**

The BAC Pro Shop carries everything you need for summer sports, including a great selection of socks, headphones, goggles and gym bags. Check out the new sportswear collections from Calvin Klein Sportswear, Thriv Natural Performance, Avani Organic Cotton, Skirtsports and Life is Good®. We also carry Speedo and TYR accessories and swimwear in regular and plus sizes — comfortable and priced right! The BAC Pro Shop is one of only three local dealers authorized to sell the FitFlop® exercise sandal, so stop in to see all the new styles. ●

# Ricardo Sowell



“The BAC is my second home,” begins Ricardo Sowell. “My wife, Brenda, had friends at the BAC. She figured that if she went with them, she was more apt to exercise. I’ve always been a gym rat.” Ricardo works full time as a Pfizer technician, but since the Sowell’s three children were grown, Ricardo said, “OK, we’ll join.”

All his life, Ricardo has valued athletic training. “An athlete focuses on timing, rhythm, balance and reading what the opponent is doing,” he says. “I grew up outside of Detroit where I played high school football.” Ricardo learned to workout with the most up-to-date training techniques. After high school, Ricardo went on to play semi-pro

football. He coached middle school athletics for years as his children grew up. Ricardo’s core strength, quickness and agility set him apart. But, over time, he explains, “I had gotten out of shape and didn’t realize it.”

“I want to be healthy, strong and athletic for my grandkids,” Ricardo says. He started working out and utilizing the sauna at the BAC. A year ago, Ricardo attended a BAC group exercise class. “It was a great workout!” he enthuses. Ricardo added more classes to his regimen. “My biggest challenge was Pilates,” he says. “It was difficult, at first, to learn to isolate the muscles. But I stuck with it. Consecutive consistency is where the magic is. Hard practice builds the athlete’s will. That’s how you develop the mind of a champion.”

As he applied cutting edge training techniques learned

through class instructors and personal trainers, Ricardo began to gain back the athleticism he missed. “My strength, grace and range (of motion) are coming back. My goal is to be in the best shape of my life. I’m getting the champion feel and mindset back.” Ricardo concludes, “People ask me what I’m doing to get into shape. I say any member who wants to increase overall athleticism and quality of life who doesn’t attend group exercise classes is not getting the bang for their buck. An athlete of any level can improve agility, coordination, stamina and lose weight through group exercise classes. They were instrumental for me.” ●

*- 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 – 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. – 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.