

The BAC Connection

Sports, Health, Fitness and Fun

Holiday Hours

Thanksgiving Day
Thursday, November 25
7 a.m. - 3 p.m.

Christmas Eve
Friday, December 24
5:30 a.m. - 5 p.m.

Christmas Day
Saturday, December 25
CLOSED

New Year's Eve
Friday, December 31
5:30 a.m. - 5 p.m.

New Year's Day
Saturday, January 1
7 a.m. - 5 p.m.

BAC Anniversary Party Saturday, Nov. 6

Invite your friends to join you at the club for the BAC's social event of the year. The party is from 7:30 p.m. – midnight and will feature music from the popular local band Montage. The party is for members and guests ages 18 and older. Please RSVP at the service desk.

It's our way of saying thank you for helping make the BAC the best place for sports, health, fitness and fun! ●

Anniversary Membership Special

Encourage your friends, co-workers and family members to join the BAC in November — our nine-year anniversary special is only \$99 for the membership initiation fee. As part of our anniversary celebration, you can give your referrals a FREE one-week VIP pass and you can begin to enjoy all the benefits of the BAC together. Contact membership services to get a free pass for your referrals at (269) 544-3200. ●

Special Membership Offer

Give your friends a free one-week VIP pass to the BAC! New members who join by November 15, 2010 can take advantage of our \$99 initiation fee (regular fee is \$395).

Great BAC Gifts for the Holidays

Be sure to visit the BAC Pro Shop when doing your holiday shopping. There are plenty of new items arriving in time for seasonal gift-giving — including new BAC logo warm weather fleece and sweatshirts.

Not sure what they'd like? BAC gift certificates are a convenient way to shop for the holidays. Certificates can be purchased for personal training, massage, swim lessons, health and fitness classes and the pro shop, as well as the ultimate gift of health --- a BAC membership! ●

Member Survey

We want to hear from you! All BAC members will receive our 2010 survey in the mail soon. Please take a few minutes to complete the survey so we can better meet your needs. Return your survey to the service desk and receive a free guest pass. ●



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Lu Cannon

Group Exercise Instructor



Lu Cannon

“My husband Mike, daughter Mackenzie (13), son Alex (10) and our two labradors moved to Portage in 2003,” Lu Cannon says. A “cardio junkie” who grew up playing sports and is “hooked” on exercise, Lu explains, “I joined the BAC shortly thereafter. I started to take Kathe Bowman’s and Sheri Shon’s classes. I totally loved it!” When Mike wanted to change his eating habits, Lu collaborated – making nutrition a family effort. “I became more in tune with my body,” Lu says. “I lost 26 pounds. Seven years later, I still eat that way.” The whole family enjoys energetic pursuits. “Our kids are extremely active and play team sports. Mike and I want to show our kids (how important it is) to be healthy and active.”

“As time went on,” Lu elaborates, “I decided to get certified to teach group exercise classes.” She earned numerous certifications including Pilates, Gliding™ and Johnny G Spinning®. She now teaches group exercise at the BAC where Lu approaches her classes with sensitivity. “I always offer options to accommodate all fitness levels and demographics. If there is someone new in class, I want them to feel welcome. As an instructor, I’ve learned the workout is not about me; rather it is about the people in class.” She appreciates the BAC adding, “The members make teaching fun. I have met so many wonderful people.” ●

INSIDE BRONSON

Top Neuroscience Specialists

Over the past several years, Bronson’s neuroscience program has expanded with new physicians, clinical staff and treatments. Within this program, a unique collaborative approach to caring for patients and families emerged. There is simply no other neuroscience center in southwest Michigan like it.

In keeping with the broadened scope of services, Bronson Neurological Services now has a new name. The Bronson Neuroscience Center. You’ll see communications that share this change in newspaper and radio ads, as well as an expanded website at bronsonneurosciencecenter.com.

Stay tuned for more communications about the Bronson Neuroscience Center – Where Great Minds Think, Collaborate and Solve as One. ●



YOUTH ACTIVITIES

BAC Holiday Camp

This year’s BAC Holiday Camp will include sports-centered games, arts and crafts, racquetball, swimming and outdoor fun.

Camp Dates: December 20, 21, 22, 23, 27, 28, 29 and 30.

Camp Times: 9 a.m. - 3 p.m. Pre and post camp childcare is available from 7:30 - 9 a.m. and 3 - 5:30 p.m. at the rate of \$3 per child per hour.

Ages: 6 -12

Package Rates: Members \$140, Non Members \$150

Daily Rates: Members \$35, Non-members \$40

Lunch is available for \$4 per child or bring your own. Call (269) 544-3200 to register. ●

Snow Day Camp

This program is available for BAC members’ children ages 5-12 when the public schools in Mattawan, Portage or Kalamazoo announce a snow day. Children should bring a swimsuit and towel, as well as appropriate clothing to play outdoors in the snow.

Dates: Any official snow day between November 1, 2010 and March 31, 2011.

Times: 7 a.m. - 7 p.m.

Cost: \$42 (includes lunch; children should bring money for afternoon snacks)

On a snow day, call the service desk at (269) 544-3200 to check availability. Space is limited. ●

SPORTS

Fall Basketball at the BAC

NBA (Noon Basketball for Adults)

Join other not-so-hopeful NBA stars for lunchtime hoops.

Ages: 18 & up

Days: M, W, F

Time: 11:30 a.m. - 1 p.m.

Challenge Basketball

Competitive pick-up basketball for you to show off your skills.

Ages: 18 & up

Days: M, T, TH, F

Time: 5 - 7 p.m.

Teen Basketball Challenge

A great way for teenagers to “hang out” after school with friends and stay active on the basketball court.

Ages: 12 - 17

Days: M - F

Time: 3 - 5 p.m.

Women's Basketball Challenge

Meet other women basketball players and play pick-up games together. Women's basketball league may be offered, based upon interest.

Ages: 15 & up

Days: Tues. 6:30 - 8:30 p.m.

Sat. 9 - 11 a.m.

For more information, stop by the service desk or call (269) 544-3200. ●

Stretching Techniques

Many of us have struggled with low back pain, tight shoulders and hips, and sore or injured muscles. There are also those of us that have a regular routine for strength and cardio, but spend very little time stretching.

Stretching can reduce injury, improve proprioception (body awareness), improve balance, calm the mind, decrease heart rate and warm you up before activity. Stretching is a vital component to health and fitness.

Join Fitness Director Jeremy Wheaton to learn some concepts behind stretching, its benefits and techniques.

Informational Seminar

November 22 • 5:30 - 6:30 p.m.

BAC conference room #3

Cost: free (members only)

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

Volleyball League

It's not too late to get a team together for our new volleyball league. This league is geared towards the competitive volleyball player and offers 12 weeks of play. Teams of 6-10 people are needed.

Rosters and fees due:

November 12, 2010

League Starts:

Weds., November 24, 2010

Entry Fee (12 games):

\$350.00

To sign up, stop by the service desk or call (269) 544-3200 or Contact Brandi Munn at (269) 365-3051 or for more information, go to bacvolleyball@gmail.com. ●

Upcoming FYI Seminars

November: Stretching Techniques - *Jeremy*

December: To Be Announced

January 2011: Nutrition for Children - *Jalynn*

Drop In Volleyball

Drop in for co-ed open challenge play. Meet others and have fun!

Days and times:

Thurs. 7 - 9 p.m.

Sun. 6 - 8 p.m.

For more information, stop by the service desk or call

BAC Deli November Combo Special

Get free chips and a fountain drink when you order any sandwich in the BAC Deli during the month of November — a \$1.75 value!

Terry Gentry



On a frosty January 2008 evening, Terry Gentry was driving home with his son Scott (then a senior at Schoolcraft High School), when their car hit black ice and spun out of control. Terry somehow managed to turn the skidding vehicle, avoiding a passenger side collision, but the counter spin sent the driver's side careening into a tree. The air bags failed to deploy, bouncing Terry's head against the window, a tree, and the steering wheel. He was non-responsive at the accident site. Scott's quick thinking in opening his airway restored Terry's breathing. For days, Terry lay in a hospital bed, his condition growing progressively worse. "I had severe dizzy spells, lost my balance, my eyes were messed up and my cognitive functions went out the window," Terry painfully recalls.

An "all-star" team of Bronson medical professionals began to help Terry put his life back together. "At first, they couldn't touch me, I was in so much pain," he said. "For 40 years, I had run my own business. Now doctors said my job was to restore myself. How could I do it?" Bronson occupational therapist Rosie Kovac worked extensively with Terry on eye coordination and balance, then collaborated with BAC personal trainers to continue his recovery. "The BAC became my road map."

With his family's support, including wife Karla, grown daughters Kary and Tara and son Scott, Terry began a "long road" back to wellness. "BAC personal trainer John Gaunt came up with a structured exercise program," Terry explains. "It was very, very light at first. These trainers have so much talent and gifting. They offer much more than a physical program and

focus on the whole person – on restorative wellness."

As his physical strength and stamina grew, Terry learned about diet – foods that could help him in his quest for health. He lost 60 pounds. Terry praises the BAC team, "These trainers work with a process and an agenda. John challenges me. He has me doing things I never thought I could do. Jumping buckets has paid dividends. I can bench press 240 pounds and lift 70 pound dumbbells."

"The people at the club have become like my friends and family." Terry reflects. "They are the greatest people to be around. They need to be known and lauded. How do you put a value on them? Every time I go, I see another benefit." ●

- 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 e-mail at jonash@bronsonhg.org.



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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

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.
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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	12:30 – 4:30 p.m.