

# The BAC Connection

Sports, Health, Fitness and Fun

## Holiday Hours

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.

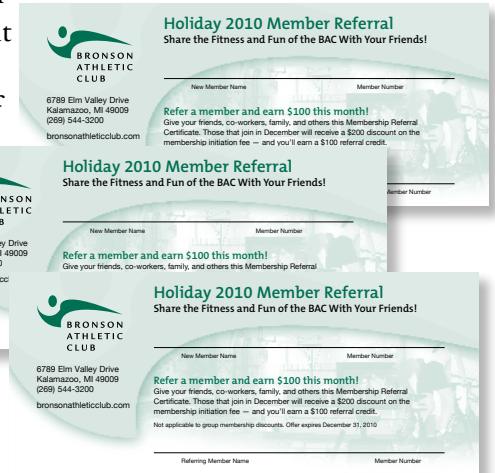
We wish all of you a happy, healthy holiday season!

## Earn \$100 This Month — Refer a Friend

The BAC is offering members a referral incentive for each new member that you sponsor to join the club by December 31. Simply give someone you know the enclosed Member Referral Certificate. When they join the club, they'll receive a \$200 discount on the membership initiation fee, and you'll receive \$100. There is no limit to the number of referrals you may receive. Refer one new member and get \$100. Refer two new members and get \$200, and so on.

To receive credit, your referrals must use the certificate and must name you as their source of referral at the time they join. Additional certificates are available at the membership services office.

This special offer ends December 31. Happy, healthy holidays from the BAC! ●



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## Monthly Dues Increase

At the end of each year, BAC management reviews the past year's operating expenses, anticipated increase in the Consumer Price Index, projects the club's needs for the coming year and then makes necessary adjustments. Based on that review, effective January 1, 2011, monthly dues will increase by \$2 for primary members and by \$1 for the first associate members. ●

**BAC Gift Certificates are the Perfect Gift for Everyone on Your List**

Certificates can be purchased for personal training, massage, swim lessons, health & fitness classes and the pro shop, as well as the ultimate gift of health — a BAC membership.

## Megan Hutfilz

### Lifeguard and Swim Instructor



Megan Hutfilz

Growing up near Mount Pleasant, Mich., with a gym teacher mom, Megan Hutfilz understood the value of physical activity. But she didn't particularly enjoy the water. "It's ironic because I didn't even like to swim when I was little," she says. "Later I thought, 'hey, being a lifeguard might be fun and it offers a job opportunity.'" She was right. Swimming fit perfectly with her passion – wellness.

Explaining wellness, Megan says, "Health is not just taking pills to feel better. Healthy habits are the best medicine. Exercise and nutrition are better for your body – they are preventative medicine." Megan sets a good example by exercising almost every day, combining cardiovascular (including swimming) and strength training with yoga. She will earn a master's degree in exercise physiology from Western Michigan University this spring. "I'd like to go into wellness coaching (to help people) work out smarter."

Megan urges members to add swimming to their workout repertoire. "Swimming is a great endurance activity. So many muscles are used. I've taught people ages six months to 84 years old to swim. Anyone can do it. It's low impact. People with joint issues find that swimming is perfect." And about the BAC she says, "I love working here. The members make me smile and laugh. They make me happy. I want to give back when I'm around them." ●

## INSIDE BRONSON

### Learn Your Risk

Bronson's Health Risk Assessment Service has just added a new online health risk assessment to its arsenal: the Sleep Risk Assessment. Take our free online health risk assessment at [learnyourrisk.com](http://learnyourrisk.com).

In less than 10 minutes, you'll receive a Personalized Health Report listing any risk factors you may have along with what you can do to improve your health. While you're there, check out our other free online health risk assessments on heart disease, stroke, breast and/or colon cancer, diabetes and more. ●

## PROGRAMS

### New Programs in 2011

#### Game and Card Night

Get to know other BAC members while you enjoy playing your favorite games like Euchre, dominoes, cribbage, etc. Bring a non-alcoholic beverage and a healthy snack to share. No sign-up required.

Ages 16 and up

Date: Saturday, Jan. 15, 2011

Time: 6 - 9 p.m.

#### Gym Floor Game Night

Come meet other BAC members and play walleyball, ping-pong, basketball, floor hockey, volleyball and racquetball. Please bring a non-alcoholic beverage and a healthy snack to share. A table will be set up near the gym floor for snacks. No sign-up required.

Ages: 18 and up

Date: Saturday, Jan. 29, 2011

Time: 6 - 9 p.m.

#### Dance through Time

Brother Love's Traveling Show will play your favorite hits from the past 50 years so you can dance the night away. The BAC will provide snacks and non-alcoholic beverages.

Ages: 18 and up

Date: Friday, Jan. 21, 2011

Time: 8 p.m. - 12 midnight

Cost: Members \$5,  
Non-members \$10

Stop by or call the service desk to sign up. ●

## YOUTH ACTIVITIES

**BAC Holiday Camp**

Come enjoy an old-fashioned holiday from around the United States. There will be games, arts and crafts, 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. ●

**Gym Bugs and Gym Tots**

These classes for children ages six months to five years old are designed to develop your child's balance, coordination and motor skills. With the use of music and games, your child will learn to be active in a fun and energetic atmosphere. Look for more information on these classes at the service desk in mid-December. ●

**Stay Healthy through the Holidays**

That is a marvelous idea and a near impossible goal for some!

Join Fitness Director Jeremy Wheaton to learn how to maintain your weight, energy and lifestyle through the holiday season.

At this seminar, you will learn how to balance your meals while still being able to enjoy your time.

**Informational Seminar**

December 13 • 5:30 - 6:30 p.m.

BAC conference room #2

Cost: free (members only)

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

**Parent's Night Out**

Enjoy a night out while your kids enjoy holiday activities including tree trimming; arts and crafts; cookie decorating and games; as well as some time saved for swimming. Pizza and pop are provided.

Date: Friday, December 10

Time: 6 - 9 p.m.

Ages: 4-12

Cost: Members \$18/one child, \$30/two children, \$35/family of four children, \$5/each additional child.

Non-members \$28/one child, \$40/two children, \$45/family of four children, \$8/each additional child.

Call (269) 544-3200 to register. ●

**Upcoming FYI Seminars**

December: Healthy through the Holidays - *Jeremy*

January 2011: Nutrition for Children - *Jalynn*

**BAC Winter Basketball League**

It's time to get our basketball league up and running. The league dates are January 5 – February 23, 2011. There will be a mini tournament to kick off the league on Saturday, December 11. You can sign up as a team or as an individual. You will be drafted onto a team.

Dates: Jan. 5 - Feb. 23, 2011

Cost: \$25 Members and non-members

Stop by or call the service desk to sign up. If you have questions, please contact Brian Dudasko at (269) 544-3200 Ext. 523. ●

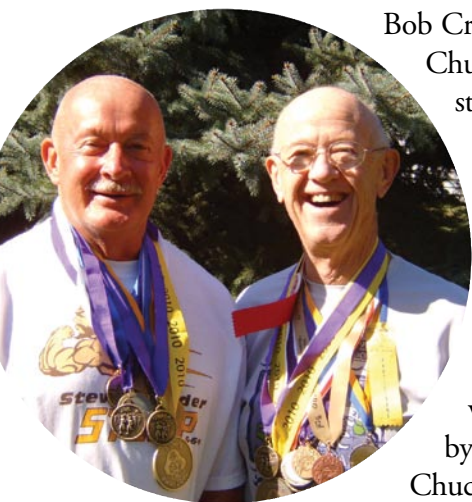
**Gifts from the Deli**

BAC Deli items are much appreciated gifts at the holiday season. We suggest Patti's fresh-baked loaves and muffins in banana or new apple bran, Nana's granola, or fresh ground BAC coffee. ●

**Pro Shop  
December Specials**

This month, the BAC Pro Shop is offering all Skirt Sports brand ladies fitness wear at 20% off. These great fitting tops, tanks and skirts make a great gift — or treat yourself!

## Bob Crowhurst and Chuck Cabbage



Bob Crowhurst and Chuck Cabbage started walking together years ago at the BAC. “We had the same pace (on the track) and wound up walking side by side,” begins Chuck. Not only do the two share similar strides, but they enjoy many common traits. Affable, active and spirited, the two men started competing in 5K walking races in 2002. Bob’s wife, Joan, and Chuck’s wife, Pat, cheered them on. Joan says, “Between them, they have more miles, medals and memories than they can count.”

“We do the same races each year,” Chuck says. “There’s a lot of camaraderie. I also enjoy the personal challenge and the competition.” Bob adds, with smiling emphasis, that he

loves winning. During their most recent walk — the Grape Lake Walk — on Saturday, September 11, 2010, both Chuck and Bob came in first place for their respective age divisions, 70-74 and 60-64.

Over the years, Chuck and Bob have continued walking despite challenges. Chuck missed a race or two during knee replacement surgery. When Bob was diagnosed with Alzheimer’s disease in 2004, he did not stop walking, although the disease affected his eyes and he is now legally blind. He still enjoys 5K races, though, with Chuck and Joan’s help. “It’s a team effort,” Joan explains. “Now we do what you would call a ‘guided walk.’ Bob doesn’t use his cane. He holds my arm. The end goal is not the t-shirt, the medal, or the refreshments at the course’s end, but the camaraderie, the accomplishment and the feeling of success at the end of the day.”

Bob stresses good nutrition, regular exercise and friendship as keys to his great finishes. “I eat the right thing. Before an event I have oatmeal and maybe a little fruit.” Joan adds, “Diet is key and hydration is a necessity before, during and after participating in a race.” Bob especially values, “when you come in to the finish and the people are cheering – I’m almost in tears.”

Despite setbacks, Chuck and Bob continue their morning BAC walks three times a week. Joan appreciates the support network they’ve developed at the club. Chuck reflects, “Bob has the remarkable ability to see the cup as half full.” Bob concludes, “The people (here) are so good. No matter what your situation, there are remarkable opportunities to find. Find them and use them.”

*- 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](mailto: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.

### 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.