

The BAC Connection

Sports, Health, Fitness and Fun

Save the Date

Chris Johnson's On Target Living Seminar

March 5
9 - 11 a.m.

\$35 members
\$40 non-members

Call (269) 544-3200
to register or for more
information.

Southwest Michigan Racquetball Shootout

March 11 - 13

Stop by the service desk
for more information.

IronBAC 2011

Mark your calendars! The 9th Annual IronBAC Indoor Triathlon will be held on Saturday March 19, 2011. The IronBAC consists of a 20-minute swim, a 20-minute bike and a 20-minute run with a five-minute transition period between each event. The IronBAC is a great way for people to compete in a triathlon at their own pace, and makes it a friendly and positive experience for both the endurance athlete and novice alike. All participants will receive a free t-shirt. Prizes will be awarded to the top male and female finisher in each of six age categories.

Those who do not want to participate in the entire triathlon can register a team made up of three individuals, one for each leg of the event. The cost of the event is \$25 for individuals and \$50 for teams. There are 10 different start times available, but spaces are limited to the first 60 participants. Stop by the service desk for more details and to register soon. ●

Pedal for Hope 2011

Get involved to help cancer fighters and families here in southwest Michigan! Join us for Pedal For Hope 2011 on Saturday, Feb. 26 from noon to 5 p.m. at the Bronson Athletic Club. All proceeds will be donated locally to the Bronson Health Foundation Fund and the West Michigan Cancer Center.

For more information on participating in this event or making a donation, please visit pedalforhope.org. Pedal for Hope is a registered non-profit organization. ●



Treat Your Valentine to a Gift from the BAC

BAC gift certificates make a great Valentine's Day gift for your special someone. Treat them to some pampering with a massage, some new workout gear from the BAC Pro Shop or some healthy treats from the BAC Deli. Show your support for their health and fitness goals with a certificate for a class or personal training session, or treat them to the ultimate gift of health — a BAC membership. Stop by the service desk for more information. ●



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BreeAnna Hazard

Service Desk



BreeAnna Hazard

Growing up first in the Millwood, Kalamazoo area, then in Portage, BreeAnna (Bree) learned the importance of responsibility and hard work at a young age. Her mother runs a daycare, so Bree also learned to love children and enjoyed interacting with them. That developed into a knack for customer service which eventually landed her at the BAC. “I came to the BAC in 2007,” Bree recalls. “I started at the deli.” Bree then added shifts at the service desk and on the program team where she assists with children’s activities and birthday parties.

While many college students groan over 8 a.m. classes, Bree begins some weekdays at 4:45 a.m. preparing to welcome members to the BAC. “People are lined up at the door,” Bree says about our 5:30 a.m. opening. “The employees and members are very nice. You tend to get regulars early in the morning. Many members that I greet have a smile on their face. Whether it is at 5:30 a.m. or 5:30 p.m., it’s always nice to see them.” Bree attends Kalamazoo Valley Community College, where she is studying law enforcement. While she would some day like to serve as a police officer and eventually a detective, Bree does not mind starting her days early at the BAC. “It’s easy to come here.” ●

INSIDE BRONSON

February is Heart Month

Celebrate Heart Month this February by making sure your heart is healthy. Review the warning signs at bronsonhealth.com/heart, and find out why Bronson is best rated in Kalamazoo for overall heart care by HealthGrades®. Here are five things you can do every day to help prevent heart disease:

- 1. Don’t smoke or use tobacco.** Bronson offers a Freedom From Smoking® program. Visit bronsonhealth.com to learn more.
- 2. Exercise for 30 minutes most days of the week.** Talk to a BAC staff member about options for all ages and skill levels.
- 3. Eat a heart-healthy diet.** Bronson recommends the DASH diet (dashdiet.org). Call (269) 341-8800 for free diet counseling.
- 4. Maintain a healthy weight.** Need a little extra motivation to lose in 2011? Go to bronsonathleticclub.com/weightloss or call (269) 544-3200 to sign up for the BAC Weight Loss Challenge.
- 5. Get regular health screenings.** Learnyourrisk.com has free health risk assessments for heart disease, stroke, diabetes and more. ●



SPORTS

Basketball Challenge Courts

NBA (Noon Basketball for Adults)

Monday, Wednesday, Friday
11:30 a.m. - 1 p.m.

Challenge Basketball (ages 18+)

Monday - Friday
6:30 - 8:30 p.m.

Teens (ages 12-17)

Monday - Friday
3 - 5 p.m.

Women

Tuesdays (court 2)
6:30 - 8:30 p.m. ●

Basketball League

Come join us for the next session of BAC basketball league play. The league runs March 23 - May 11 on Wednesdays with games at 6 p.m. and 7 p.m. The session cost is \$25 per person. ●

Working Out on the Road

If you’re like most people, squeezing regular workouts into your busy schedule is tough — and when you travel it may be nearly impossible. That’s why we’re pleased to offer our members the IHRSA Passport Program. This program provides our members with discounted guest privileges at more than 3,400 clubs worldwide. Contact membership services for more details. Visit healthclubs.com to locate IHRSA Passport clubs in other cities. ●

PROGRAMS

Group Exercise

The new group exercise schedule is now available at the service desk. For more information regarding group exercise classes, Spinning® classes or Pilates classes, please contact Sheri Shon, group exercise director at (269) 544-3200 ext. 285. ●

Game Nights

Card and Game Night

Saturday, February 12
6 - 9 p.m.

Gym Floor Game Night

Saturday, February 19
6 - 9 p.m.

Enjoy court and board games and meet other BAC members. No sign up is required. ●

Gym Bugs/Tots

The next session of this popular program begins on Wednesday, February 23.

Gym Tots (6 mos. - 2 years)
10 - 10:30 a.m.

Gym Bugs (2 -3 years)
10:35 - 11:05 a.m.

Gym Bugs II (4 -5 years)
11:10 - 11:40 a.m.

Cost is \$20 for members, \$30 for non-members. Sign up at the services desk. ●

Spring Break Camp

The BAC's Spring Break Camp is for children ages 6 to 12 and takes place April 4 - 8. More information will be available in the next newsletter. Sign-up begins on March 1. ●

Start the New Year with a New Workout!

If you have been doing the same fitness routine day after day, now is the perfect time to try something different. Your body has the wonderful ability of adapting to its environment — and this adaptation also applies to exercise. By changing your workout, your body will adapt to a different kind of stimulus. Take into account injuries, fitness level and medications before you increase your intensity of any exercise. The objective is to improve health and fitness levels —not increase the likelihood of injury.

The change could be as simple as adding 20 minutes of moderate intensity cardiovascular work: running on the track, cycling or swimming — whatever you enjoy. If you are only doing cardio, consider adding a weight training routine. Add one exercise of three sets of 10-15 repetitions for each body part, and pick a weight that allows you to use proper form while challenging your muscles by the end of the set. Allow yourself a 30-60 second rest between sets.

Change your workout every four to six weeks to keep your body continually adapting and stay motivated. ●

Dance Parties

Friday, February 11

Youth ages 6 - 11
6:30 - 8:30 p.m.

Teens ages 12 - 16
8:30 - 10:30 p.m.

Cost is \$5 members, \$10 non-members. Visit the service desk for more information or to sign up. ●



Congratulations to members Tom Paccione (left) and Dan McLaughlin (right), winners of the BAC Doubles Racquetball Tournament on January 8.

Club Reminders

Lockers

Please remember that all of our lockers are for daily use only. You may not leave your belongings overnight in a locker. If we find a locker occupied overnight, we will place the contents in our lost and found. Thank you for your cooperation.

Parking

The parking lot at the rehabilitation entrance of the building is primarily for the use of rehabilitation patients Monday - Friday 7 a.m. - 5 p.m. This parking lot is open to BAC members after 5 p.m. on weekdays and during the weekends. ●

Jon and Sue Dixon: BAC 10-YEAR MEMBERS



Ten years ago, the Bronson Athletic Club was just an idea. Creativity, focus and drive turned it into reality – one that Jon Dixon helped develop. A lifelong runner,

Jon appreciated the value of physical fitness. “Especially in the winter,” he remembers, “I used to run in horrible conditions. I ran for years, until my knees went out.” There weren’t a lot of options in the greater community for people who appreciated working out year round and for those who needed special help to overcome injury or illness. At the time Jon served as Bronson Healthcare Group Senior Vice President, his vision included building a beautiful facility that, “appealed to

deconditioned adults and people who had never been members of a gym or club,” Jon recalls. “The clincher was marrying the rehabilitation and club concepts together to offer continuous care and service.” More than nine years after the BAC first opened its doors, that investment of time and energy has proven personally important to Jon and his wife, Sue Dixon.

Jon, now retired from Bronson, and Sue, a former school teacher, use the BAC almost daily. “We go at the same time,” Jon explains. “Sue takes classes and I use the machines, lift weights and, most recently, walk on the track. I’m fresh off back surgery repairing a degenerative disc condition. The BAC provides me the opportunity to do what I can physically. The club has been a lifesaver for us.” Sue agrees, “When I was working on a physical issue, the therapist took me right

over to the correct machine and showed me how to use it. This way I could maintain what I had picked up in rehab.” She adds, “I usually do low impact (group exercise) classes. I’ve been doing some of these classes for eight years.” As a rheumatoid arthritis sufferer, Sue says that regular exercise helps control her condition.

Both Sue and Jon feel the BAC is a very nice environment. “It has become a wonderful social opportunity, too.” Jon says. “There is a whole social fabric. You meet people, greet them and share war stories. You urge each other on.” Sue agreed. “After class, many of the ladies will get together for coffee in the deli.” Jon concludes, “We are building habits. It’s a major part of our lives and, I think, good for the community as well.” ●

- 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.