

The BAC Connection

Sports, Health, Fitness and Fun

BAC Class Schedules

The Bronson Athletic Club offers a wide variety of classes to fit everyone's needs. Grab a schedule at the service desk or check it out online at bronsonathleticclub.org.

The new Spinning® schedule will be available April 1; the new group exercise schedule on May 1.

For more information, contact Sheri Shon, group exercise director at (269) 544-3200, ext.285.

BAC Kids Summer Camp

The BAC Kids Summer Camp is just around the corner! It offers plenty of opportunities for your children to stay active this summer. Our day camp is available for children ages 6 -12 for a day, a week, or for the entire summer.



Non-members are welcome, so invite your children's friends to join in the fun, too! Camp sessions run through the summer from 9 a.m. to 3 p.m. Childcare is also available before and after each camp day.

Early registration rates are available. Registration and information will be available April 18. ●

Boot Camp 2011 Fit Nation Tour

The BAC is pleased to welcome back U.S. Army Drill Sergeant-Airborne-Combat Advisor Todd Christensen to head up our 2011 Outdoor Boot Camp program. The six-week course is for all fitness levels and will enhance your personal fitness goals by pushing you to perform at your personal best!

The group will meet in the front lobby of the BAC, then head outdoors where Drill Sergeant Christensen will motivate you to go the distance and encourage you to work as a team. Come join a winning team, as we become a "fit nation" together.

Saturdays, May 7 - June 11, 2011 • 8 - 9:30 a.m.
Cost: Member free, non-member \$75.

For more information or to sign up, stop by the service desk. ●



Todd Christensen



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Mike Greis

Lifeguard



Mike Greis

“My father taught me how to swim,” Mike Greis recalls.

“He encouraged me to be an efficient swimmer.” Mike, in an effort to put his swimming skills to use, enrolled in lifeguard classes while in high school. “I passed the test and continued to maintain my lifeguard certification ever since.”

Mike then went on to serve in the U.S. Air Force from 1966 to 1970. Among his other assignments, Mike performed lifeguard duties on Phan Rang Beach in Vietnam. Upon his return home, Mike served the community as a firefighter/paramedic with the Kalamazoo Fire Department (renamed the Kalamazoo Department of Public Safety) and, later in his career, served as a training officer for the department. He and his wife, Linda, delight in their family, which includes three children and four grandchildren.

A lifetime of regular exercise has allowed Mike to participate fully in the things he loves. “I enjoy physical fitness,” Mike says. “It helps me stay healthy, mentally alert and increases my energy level.” He and Linda joined the BAC seven years ago. “Last year,” he chuckles, “they found out I was qualified to serve as a lifeguard.” Today, Mike keeps BAC members safe by vigilantly guarding the pools and works full time for the State of Michigan. He adds, “I like to run, swim, work out with free weights, use the equipment at the BAC, and attend Spinning® class. I’m also an early morning riser for Boot Camp (group exercise class).” Mike concludes, “I make it a point to be a leader...to set the example.” ●

INSIDE BRONSON

Robotic Surgery in Kalamazoo – Only at Bronson

Whether you need a hysterectomy, prostatectomy or general surgery, Bronson is always asking the question: How can we achieve better patient outcomes? One state-of-the-art answer is a robot.

Bronson is the only hospital in the Kalamazoo area offering the da Vinci® Surgical System, the most advanced method for treating patients using minimally invasive surgery. It offers the same benefits as traditional laparoscopic surgery, with the additional benefit of enhanced visualization for the surgeon through 3-D imaging. It also enables surgeons to perform complex and delicate procedures through very small incisions with great precision. These features make surgery easier for surgeons and better for patients.

Learn more by visiting <http://www.bronsonhealth.com/davinci> for more information about the da Vinci Surgical System. ●

PROGRAMS

How Not to Be A Victim

Saturday, April 30

BAC Studio 3 • 1- 3:30 p.m.

The instructor will be Captain Tom Shull of the Kalamazoo County Sheriff Department. This course will help you to recognize, eliminate and avoid potential trouble by becoming more aware of daily surroundings, with physical confrontation being the last resort. Additional sessions of this class will be taught on future Saturdays throughout the year. For more information or to sign up, call (269) 544-3200. ●

Game and Card Night

Saturday, April 16

6 - 9 p.m.

Invite your friends to join you for an evening of fun playing your favorite table games. There is no sign-up necessary and no charge to play. Bring a snack to share and a non-alcoholic beverage to enjoy. ●

Spring Fling Dance

Friday, April 22

8 p.m. - midnight

Kick up your heels at our third dance of the year. Enjoy line dancing and your favorite hits played by D.J.s from Brother Love’s Travelling Show. Snacks provided. Cost: Member \$5, non-member \$10. ●

YOUTH ACTIVITIES

Spring Break Camp

March 31, April 1, April 4-8
9 a.m. - 3 p.m daily

No plans for your kids yet for spring break? It's not too late to sign up. Camp is for children ages 6 -12.

Daily rate: Member \$35, non-member \$40.

Five-day package (April 4-8):
Member \$140,
non-member \$150.

Pre- and post-camp childcare is available from 7:30 - 9 a.m. and 3 - 5:30 p.m. at the rate of \$3/child per hour. Lunch is available for \$4 per child or bring your own.

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

Parent's Night Out

Friday, May 13
6 - 9 p.m.

Enjoy a night out on the town while your kids have a great evening at the BAC. More information will be coming mid-April. Registration will begin on April 18. ●

Co-Ed Volleyball

Sundays, 6 - 8 p.m.

Drop in for some great Sunday volleyball play. There is a core group of 15 people playing on a regular basis. No sign-up is required. ●

Running at Your Best

Thinking about training for a 5K, 10K, or half marathon? Sarah Onderlind, a BAC personal trainer and accomplished runner, has designed a running program to help you perform at your best.

Sarah has run in the Chicago and Boston marathons and is currently training for her second go at the Boston. She has learned how to incorporate speed, endurance, strength, balance, and flexibility training into her workouts to give her the best opportunity to reach peak performance on race day.

Whether you are an avid runner or someone who is just starting out, Sarah can teach you how to improve your time and incorporate all areas of fitness into your weekly routine.

If you are interested in learning more about this program, please join Sarah Onderlind on May 16 from 5:30-6:30 p.m. at the BAC. To register, please call (269) 544-3200. ●



Sarah Onderlind
BAC personal trainer

Gym Bugs/Tots Early Childhood Gym Classes

Wednesdays
Session I: April 6 - May 11
Session II: May 18 - June 22

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

This parent/child class helps develop your child's large motor skills with games, music and toys.

Gym Bugs I (2-3 year olds)
10:35 – 11:05 a.m.

A parent/child class that will help children develop balance and coordination using games and equipment.

Gym Bugs II (4-5 year olds)
11:10 – 11:40 a.m.

A class that gives your child a chance to interact with other

children on their own as they play games and use various equipment.

Cost: Member \$20,
non-member \$30. For more information, contact the service desk at (269) 544-3200.●

New Cardio Towels

A rolled towel has been added to each piece of cardiovascular equipment. We hope you find this added value to your experience a positive one. We welcome your feedback, so please tell a BAC manager, personal trainer or fitness staff member what you think! If you have any questions, please contact BAC Fitness Director Jeremy Wheaton. ●

Don and Louise Parish: BAC 10-YEAR MEMBERS



A talented mechanic, Don Parish enjoyed building race cars as a hobby in the 1990's. He even started driving them and winning on the race circuit. His wife, Louise, wasn't entirely comfortable with his racing, but she accompanied him and cheered from the stands. They were building the relationship that would see them through some rough patches ahead.

While driving through an intersection in 1997, Louise was hit by a driver who ran a stop sign. She recovered, only to sustain another car crash 19 days later. The following year, Don was involved in a catastrophic accident. "I was making a left turn into my buddy's driveway when a semi truck barreled down

and hit me. I didn't know anything until I woke up in the hospital."

Don sustained terrible injuries. His shoulder had to be surgically rebuilt. Furthermore, when he tried to stand up, Don toppled over. "People couldn't figure out what was wrong," said Don, "but Bronson's Dr. Profit did. The accident tore the nerves off my inner ear. I didn't have any balance."

The couple began to gather the tools to slowly rebuild their bodies. Don's inner ear problem was not surgically correctable. That didn't stop him. "I said, 'If this is the way it's got to be, I'll accept it as a speed bump in life and keep on going.'" He began a steady process of physical therapy with the help of two talented Bronson therapists, and that eventually landed the couple at Bronson Athletic Club, which had just opened. "I've been working with personal trainer Jeremy Wheaton,"

Don explains. "My arms are stronger. It's a slow process. I'm 66 years old but I keep hammering at it. If I take any time off at all, I see it. We go three times a week. I'm strengthening my muscles. Louise works out, too. She notices a difference."

"When I was 14, I had polio," Don reflects. "Doctors said I'd wear a brace the rest of my life. I accepted it and kept on going. Today I'm still in a wheelchair from the accident, but I'm thankful I'm alive. I get to see my kids and grandkids. Louise and I support each other. It's made (our relationship) all the better. If you quit, there's not much of an epitaph anyone can write about you. Maybe I can inspire someone else to keep going." ●

- 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.