

The BAC Connection

Sports, Health, Fitness and Fun

Memorial Day Holiday Hours

Monday, May 30
7 a.m. - 3 p.m.

BAC Deli Hours (effective May 27)

Monday - Friday
6:30 a.m. - 7 p.m.

Saturday

8 a.m. - 3 p.m.

Coffee service
available at 7 a.m.

Closed Sunday

*The BAC Deli will be closed
on Memorial Day, May 30.*



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Membership Dues Winner

During our recent membership referral promotion, Joe Meininger referred his friend Travis Everhardus to the club. When Travis joined the BAC, Joe was entered into the prize drawing. Congratulations to Joe on winning one year of free primary membership dues! ●

Pictured, left to right: Heather Jonas, BAC membership director; new member Travis Everhardus, and Joe Meininger.



Investing in Your Health

Health club membership remains an incredible value and could help members save on medical costs in the long run. Members can take the lead and be an example of healthy living and wellness for their family, friends and community.

Exercise can aid in rehabilitation from illness and chronic disease while improving strength and cardio health, reducing stress, and easing the effects of depression and other diseases. It is also a form of preventative medicine that research has shown can lower the risk of many chronic health problems while helping stave off the effects of aging.

Spring is a great time to encourage your friends, co-workers and family members to invest in their health by joining the BAC.

Private clubs like the BAC give members a safe, protected place to workout – no matter what the weather is like outside. Health clubs provide a supportive environment for members to meet new people, build friendships and network. Enlisting the support of others can increase motivation and encourage members to achieve health and fitness goals. In addition, the BAC gives members an array of workout options to choose from in one place.

Contact the BAC membership office for information on our referral program at (269) 544-3200. ●

Brian Ladkrood

Personal Trainer



Brian Ladkrood

Voted BAC MVP three times since 2004, Brian Ladkrood continues to serve members through teaching, training and encouraging. “I still love it!” he says of his personal training role at the BAC. While his favorite quip is still, “Do two reps past death,” he has extended his expertise to include food science.

“I’ve put a lot of time into nutrition and medications, and how they relate,” Brian explains. “I still like to work with (clients) who want to hammer it out, but I’m also working with people who have Type 2 Diabetes. I focus on nutrition, especially understanding food and pH (the amount of acid or base in a substance).

I’m working with a 13-year diabetic man who is now off of his medications. Another client has lost 90 pounds and she’s off of her high blood pressure meds. When one client came to me with a thyroid problem, she was able to stop taking medications, lost 161 pounds and even cleared up psoriasis.”

“People think they’ve got nutrition down,” Brian elaborates. “They say, ‘I read the nutrition labels.’ But they’re looking at the wrong stuff. For example, sugar isn’t necessarily the problem. It’s the type of sugar that matters. My clients change ingredients and they can actually eat more while losing weight. You learn to create a balance with pH. Weight loss is a mystery until you figure this out.” ●

INSIDE BRONSON

New Partnership Forms Area’s Most Comprehensive Orthopedic and Sports Medicine Group

Bronson, HealthCare Midwest and K Valley Orthopedics, P.C./Southwestern Michigan Sportsmedicine Clinic have partnered to form Bronson Orthopedics & Sports Medicine, the area’s most comprehensive multi-disciplinary group of orthopedic and sports medicine physicians.

Twenty-three physicians represent a diverse collaboration of highly-skilled orthopedic experts—working together in virtually every orthopedic and sports medicine subspecialty to treat the whole body. Learn more about the full range of services provided by Bronson Orthopedics & Sports Medicine at bronsonortho-sportsmed.com ●

Bronson Orthopedics & Sports Medicine

HealthCare Midwest +
K Valley Orthopedics

PROGRAMS

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. ●

Women’s Basketball

It would be great to have a group of women playing basketball on a regular basis. If you are interested in being included in this group, please contact Mary Ann, programs coordinator for the BAC, at (269) 544-3200. ●

FitFest 2011

FitFest returns to Kalamazoo in July, and will be held at the BAC on Friday, July 15 and Saturday, July 16. All group exercise classes will be cancelled for those two days while our instructors and trainers earn continuing education credits, and learn about the latest research and trends in the fitness industry. Presenters will include renowned fitness specialist Mindy Mylrea, Shannon Fable, Jen Hall, Rebecca Lee, Dr. Len Kravitz and Mark Lebert.

Although classes for members will not be held, there will be a trade show, which will be open for members to stop in and shop. For more information about FitFest 2011, please contact group exercise director Sheri Shon at (269) 544-3200. ●

Moms and Dads Can Be Our Guest FREE!

Celebrate Mother's Day, May 8, and Father's Day, June 19, at the BAC with your parents. Take this opportunity to introduce your mom and dad to the club for free on either of these holidays.

Also, remember that BAC gift certificates make great gifts for mom and dad. Treat yourself or someone you love to personal training, massage or best of all — a membership to the BAC!

Gift certificates are available at the service desk. ●

New Membership and Youth Activity Center Hours

Effective June 4, the membership office will be open the following hours:

Monday - Thursday 9 a.m. - 9 p.m.

Friday, 9 a.m. - 8 p.m.

Saturday, 10 a.m. - 5 p.m.

Sunday, 11 a.m. - 5 p.m.

Beginning June 5, the Youth Activity Center will be closed on Sunday. ●

YOUTH ACTIVITIES

Junior Racquetball Training

A six-week junior racquetball training session was held this winter at the BAC during which six juniors participated in lessons to learn the game of racquetball. At the end of the session, all of the juniors were playing short games in the one hour session. Look for more racquetball offerings for youth this fall. ●



Pictured left to right: Sam Stagray, Ethan Getting, Ryan Meininger, Christian Evarhardus, Mitchell Getting. Not pictured: Greg Whiteman

BAC Summer Kid's Camp

Do you know what your kids are doing this summer?

Enroll them in BAC Summer Kid's Camp, where they'll enjoy a variety of activities, with a different theme each week. A few of the themed weeks are Fun Fitness, Stars and Stripes, BAC Olympics and Hobbies.

Non-members are welcome, so invite your children's friends to join in the fun. 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. Contact the service desk for more information. ●

Spring Youth Swim Meet

Attention all youth swimmers, past and present. Our annual spring swim meet will be on Saturday, May 21 at 11 a.m. Sign-up forms are available in the literature racks in the front hallway. For more information, contact any of the BAC swim instructors. ●

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. Your kids will enjoy pizza, games, swimming and more. Sign up at the service desk.

Members \$18/one child, \$30/two children, \$35/four children. Each additional child \$5.

Non-members \$28/one child, \$40/two children, \$45/four children. Each additional child \$8. ●

Kelly Casey: BAC 10-YEAR MEMBER



"I've been an employee with Bronson for 32 years," Kelly Casey begins. He grew up in northern Michigan, served in the U.S. Air Force and then returned home to pursue a business degree from Nazareth College in Kalamazoo. When Kelly and his wife Patricia decided to settle in Kalamazoo, they both joined Bronson. "Now we have 65 years at Bronson between the two of us," he laughs.

"I've always been active," Kelly explains. He visited the BAC while it was still under construction. "I joined before the club was finished," he recalls. "It was beautiful already. Plus, I knew that Bronson goes all-out when they do something." With typical commitment, Kelly did not merely sign up for a short-term exercise fad.

"I have a sorry gene pool," he jokes. "Everyone in my family has some kind of arthritis." Kelly says regular exercise makes a big difference. "If I didn't have the club, I don't know what kind of shape I'd be in – maybe not bedridden, but pretty close." Instead, Kelly works out faithfully, utilizing the BAC's exercise machines and participating in group fitness classes. "I enjoy Kathe Bowman's class. It's the highlight of my visits."

This year, however, Kelly could no longer work through the discomfort in his joints, especially his knee. He followed his physician's advice and underwent knee replacement surgery. "I worked hard to get my core and legs in shape before surgery. That dramatically helped my recovery." Just 12 weeks post-surgery, Kelly was back on his feet working and gently exercising through physical therapy. "My flexibility has a ways to go, but it's improving."

he shares. "I don't want to lose what I've built up."

Not only has Kelly built up his physical health, but he has also developed a terrific camaraderie with fellow members. "We have a ball!" Some of those friends helped him try out for a popular television program. "I love the show Survivor," he confides. "I auditioned and sent in tapes. Kathe and some of my classmates helped to make them. It was a lot of fun. I figured, if you don't try, you'll never know." Kelly also joins with friends to pray for others through an organization he helped formed called CARE (Compassion Allows Renewed Energy). For Kelly, the BAC is "not just about sweating. I've made some really close friends. I can't wait to get back full bore."

- 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	Kris Knight
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. – 5 p.m.
Sunday	11 a.m. – 5 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	closed