

The BAC Connection

Sports, Health, Fitness and Fun

Mark your calendar with the BAC's Independence Day holiday hours.

Monday, July 4
7 a.m. - 3 p.m.

We wish you a safe and fun holiday!

Tell Your Friends — Join the BAC in June for the Biggest Savings of the Year

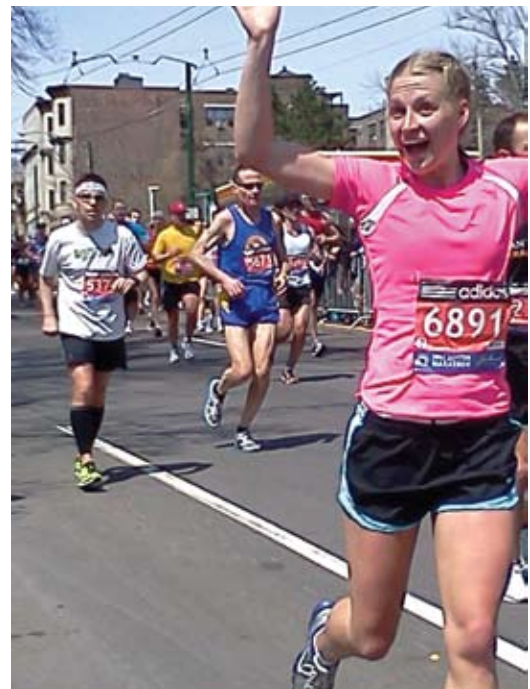
Our summer member referral campaign begins this month with the best savings of the year. For each one of your referrals who joins the club, you will receive one month of primary dues free. In addition, your referral pays only a \$199 initiation fee and doesn't pay any primary dues until September 1. Now is the time to encourage your friends, family members and co-workers to join the BAC.

We will be offering the member referral incentive throughout the summer to our members, but your friends will save the most by joining by June 30, 2011. Ask your friends to get started with you and the BAC today! For more information, please stop by membership services, or call (269) 544-3200. ●

BAC Trainer Makes a Great Run in Boston

Congratulations to BAC personal trainer Sarah Onderline, for her recent run in the Boston Marathon, with an official time of 3:13:03. Sarah placed 326th out of 11,462 female runners, and 3,536 overall in a field of 26,907 total participants.

Are you training for a marathon this year — or interested in learning how to do so? Sarah has the knowledge and experience to help reach that goal. Contact her at (269) 544-3200. ●



BAC personal trainer Sarah Onderline at the 2011 Boston Marathon.



THIS ISSUE

June MVP..... 2
 Inside Bronson..... 2
 Orthotics Seminar..... 2
 Pro Shop Specials..... 3
 BAC Summer Day Camp. 3
 Trainer's Corner..... 3
 Member Profile..... 4

Josiah Smith Men's Locker Room



Josiah Smith

"I came to the BAC about six months ago," Josiah Smith begins. In less than a year's time, he has already distinguished himself with excellent customer service and a helpful attitude. Josiah talks about working in the men's locker room. "I like it! I like the managers, the people I work with and the members."

The Heritage Christian School graduate says that he enjoys getting to know members, especially when they share his vocational interest in law enforcement.

"I'm going to Kalamazoo Valley Community College for the law enforcement specialist program," Josiah explains. "My great-grandfather was a policeman and my grandfather served in the military. I'm looking to become a patrol officer. Right now, I'm taking classes and preparing for the Police Academy's physical fitness test."

Exercising at the BAC helps him prepare. "I played basketball in middle school and high school. Now I'm strength training. I enjoy spending time in the gym. I'm building muscle and getting stronger." In his spare time Josiah says, "I like hanging out with my girlfriend and going to church." He juggles school and work with a positive outlook saying, "At the BAC I get to help people and provide a service. That makes my day go by quickly." ●

INSIDE BRONSON

Bronson — One of the Nation's Best

For a third year, Bronson Methodist Hospital has been ranked by Thomson Reuters as one of the 100 Top Hospitals in the country!



This is a great honor for Bronson, but more importantly it assures residents of southwest Michigan that they can experience outstanding medical care close to

home. Bronson is also rated in the top five percent in the nation as a HealthGrades Distinguished Hospital for Clinical Excellence (2009, 2010, 2011) and a Magnet Hospital for Nursing Excellence (2009). ●

Custom Orthotics Seminar

Orthotics have been proven to be effective in reducing running injuries. When running, significant forces pass through your knees, legs, feet and ankles. Wearing custom orthotics with properly fitted running shoes can be extremely beneficial for runners who may experience symptoms of the following conditions: arch pain, Achilles tendinitis, flat feet, shin splints, and knee and back pain.

On Thursday, June 9 we have invited the foot care specialists from Corey's Bootery to teach us about all the different options available. They will be in the lobby to answer questions and offer advice from 8 - 10 a.m. and 4 - 6 p.m.

Corey's will be here again on Saturday, June 11, and will have plenty of products on hand that you will be able to test drive at the BAC.

Corey's will also be offering a group discount to any of our members who attend this seminar.

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

Save on New Gear in the Pro Shop

The TIMEX® Health Tracker™ watch is now available in the BAC Pro Shop. This multi-tasking timepiece can be custom-programmed to help you keep track of your diet and fitness goals. Features include automatic recording of distance, steps, and calories consumed and burned. It also displays distance, exercise pace and intensity in real time. It has a 24-hour timer with a stopwatch and is easy to view in low light conditions.

The Health Tracker™ normally retails for \$64.95 but during the month of June, it can be purchased in the BAC Pro Shop at the special price of \$54.95. ●

BAC Summer Kid's Camp

There's still time to enroll your children 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 start in June and run through the summer from 9 a.m. to 3 p.m. Childcare is also available before and after each camp day. Sign up for as many weeks as you want — or for the whole summer!

Contact the service desk for more information. ●

TRAINER'S CORNER

BAC Welcomes New Fitness Staff Members

We are pleased to announce the addition of four talented individuals to the Bronson Athletic Club team.

Kris Knight has joined the Bronson Athletic Club team as the fitness director. Kris attended Lake Superior State University for exercise science and completed her personal training certification through the American Council of Exercise. Kris moved to a Kalamazoo training and corporate wellness company called The Studio: Personal Health Path.

There she trained clients and trainers, and provided oversight for the corporate wellness sites. She has an extensive background in helping people to reach their maximum potential in the fitness and health areas, as well as in professional development. Kris has two children in the Portage School District and is excited to become a part of the Bronson Athletic Club team.

Damian Harris and **Stacie Kryszak** are returning to Bronson Athletic Club to be involved in the club's fitness and training program. Damian will be the personal training director and Stacie will be the coordinator of exercise and health programs. Damian and Stacie will both be at the BAC on a part-time basis, and will work closely with Kris Knight to enhance the health of our members through cutting-edge fitness and wellness programs. Damian and Stacie will perform personal training at the BAC.

"We are very excited to be back at Bronson Athletic Club. We have missed this beautiful building and all of the great members."

-Damian and Stacie

Also joining the BAC personal training team is **Jasminn Conolly**. Jasminn was employed by The Studio with Kris, Damian and Stacie. She attended Western Michigan University and is a certified athletic trainer through the National Athletic Training Association. Jasminn also teaches yoga and is a sergeant in the United States Army Reserves. We are pleased to have her join the team at the Bronson Athletic Club. ●



New BAC fitness staff members, pictured left to right: Kris Knight, Jasminn Conolly, Stacie Kryszak and Damian Harris.

Bob Lapekas: BAC 10-YEAR MEMBER



Growing up in Parchment, Mich., Bob Lapekas excelled as a student. He graduated from Parchment High School with high honors and went on to earn a four-year degree in business from Western Michigan University. "I was an average athlete," Bob said. "I played a little of everything. Then I found paddleball."

He played other sports like tennis, racquetball and handball; but paddleball quickly became Bob's favorite. "The first time I played paddleball, almost 30 years ago, I loved it. It's more about speed and placement for my style of play. Different from racquetball, the game uses a smaller paddle that can have holes in it and involves a lot more running because the ball doesn't bounce as fast. There's

more to it than most racquet sports and you get a lot more shots. The cardio workout is hard to replicate. It's an absolutely great doubles game. I'm competitive at it and I love the camaraderie."

Traveling around the state playing paddleball, Bob was thrilled when the BAC opened and his compatriots joined him to play at the club. "We have over 20 guys playing here," he says. "We invite people to come by and swing the paddle."

But Bob found more than his favorite game at the BAC. "The BAC is very diversified in the amount of things offered," he enthuses. "I lift weights and do cardio here, too." His wife Alice accompanied him until, as Bob jokes, "I like to say my wife became 'pregnant' with our first dog." Lately their Daisy dog named Frankie has kept Alice busy. But Bob doesn't complain. "I've been in the automotive industry for 30

years," he says. "I work in the lubricants arena with Rowley's Inc. and I'm on the road all the time. I literally sit in a car all day long. I look forward to getting some kind of burn each day. I think (exercise) is cleansing and energizing."

"I appreciate the vitality regular exercise gives me," Bob reflects. "I'm 53 and I'm as strong as I've ever been. I've had two Achilles surgeries due to bone spurs. Thanks to the BAC, I had a place to cross train and rehab." That extra vigor comes in handy with Bob and Alice's other hobby – their Harley Davidson motorcycle. "Motorcycle Bob," a nickname coined by personal trainer Brian Ladkrood, concludes, "Working out really helps me to be stronger on and off the bike." ●

- 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.



6789 Elm Valley Dr.
Kalamazoo, MI
49009

Phone
(269) 544-3200

Fax
(269) 544-3298

Bronson Athletic Club Staff

President Carl Porter
General Manager Jim Reading
Exercise & Fitness Coordinator Stacie Kryszak
Fitness Director Kris Knight
Personal Training Director Damian Harris
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. – 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