

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## January at the BAC

### NEW Youth Center Hours

Effective January 8,  
youth center hours will be:  
Mon. – Thurs.: 8 a.m. to 8 p.m.  
Fri.: 8 a.m. to 5 p.m.  
Sat.: 8 a.m. to 2 p.m.  
Sun.: 8 a.m. to noon

## Pro Shop Special

### 20% off all in-stock dresses

Start 2018 in style. Stop in today to see our selection of dresses from brands like Neesha, Papillon, Young Threads and Molly Bracken.

Valid through January 31, 2018.



Follow us: [facebook.com/bronsonathleticclub](https://facebook.com/bronsonathleticclub)

## Meet Our New Trainers

### Kaitlin Glomski, NSCA-CSCS



**Education:** Bachelor's degree in Exercise Science from Hope College

**Special Interests:** General population, functional fitness, healthy lifestyle change, nutrition, weight loss/management, 50+ fitness

### Frankie Sallis, ACE-CPT



**Education:** Bachelor's degree in Sports Management from American Military University

**Special Interests:** Bootcamp fitness, fitness exam/qualification preparation, military and tactical fitness, sports performance training, weight loss/management

## Winter Weather Policy

Winter in west Michigan means lots of snow! When the conditions are extreme, it may be necessary to cancel club programming. Our policy for class cancellations states that if Kalamazoo Valley Community College has a snow day, all group exercise (Group-X), youth swimming, small group training, water exercise and fee-based classes (like Adult Ballet Barre, Parkinson's Exercise, etc.) will be cancelled until 1 p.m. For classes scheduled after 1 p.m., please call the front desk to check if your class is running prior to heading out. Unless otherwise noted on [our Facebook page](#) or [website](#), we will not close due to bad weather conditions.

## Membership Freeze Policy

Members who are having a medical issue that prevents them from using the club or are temporarily relocating for an extended period of time are able to freeze their membership. Please note that you are not able to freeze for lack of use, summertime or short term vacations. While your account is frozen, you and all associates on your account are unable to use the BAC. This includes the use of guest passes, entering as a guest of another member or with a punch card. As of February 1, 2018, the freeze cost is \$15 per month. Learn more about the freeze policy on the "Current Member" page of [bronsonathleticclub.com](https://bronsonathleticclub.com) or talk to a membership rep.

## More Zumba and Aqua Zumba Classes Available!

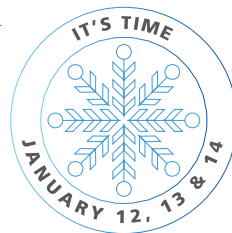
You've asked, and we've listened! More land and aqua Zumba classes are available at no cost to all members. Check out the [Group-X](#) or [water fitness class](#) schedules to find a class that fits your schedule.



## It's Time: January 12-14

The first fitness festival of the year is right around the corner!

From Friday, January 12 to Sunday, January 14, join us for fun and festive group exercise classes, youth and teen workouts, raffle prizes and more. Registration is encouraged, as many classes and programs are limited in size. To learn more or see a full list of classes, search "It's Time" on [bronsonhealth.com/classes](https://bronsonhealth.com/classes) or follow us on [Facebook](#). To register or with questions, talk to a member of the service desk or call (269) 544-3200.



## Join the New Year, New You Challenge

The New Year is here! Throughout the month of January, you can complete a variety of activities around the club to earn points. Once you've reached 20 points, you will be entered into a drawing for one free month of primary membership dues!

The challenge will include activities like participating in a Group-X class, working with a personal trainer, swimming in the pool, making a purchase at the deli, bringing a guest and more.

The challenge ends on Wednesday, January 31, 2018. Cards are available for free at the front desk. To be entered into the drawing, all cards must be returned to Jen Heurlin-Brenne, manager of membership sales, by noon on Thursday, February 1.

JANUARY – FEBRUARY

# PROGRAMS | CLASSES

For details or to register for a youth swim program, call (269) 544-3232, email [bac.aquatics@bronsonhg.org](mailto:bac.aquatics@bronsonhg.org) or talk to a member of the service desk. For details or to register for all other programs, call (269) 544-3200 or talk to a member of the service desk. Questions? Email [bac@bronsonhg.org](mailto:bac@bronsonhg.org).

## PROGRAMS | RECREATION

### Drop-in Volleyball

Free for members. Participants must be at least 13 years old. Stop by the service desk to pick up equipment.

WHEN Fridays, 5 to 8 p.m.

### Pregnancy Yoga and H2O Fitness

Physician consent required.

H2O FITNESS Tuesdays, January 9 – February 13,  
7 to 7:50 p.m.

YOGA Thursdays, January 11 – February 15,  
5:30 to 6:30 p.m.

COST Member \$27 | Nonmember \$40

### Tai Chi

A meditative martial art, rid your body of unnecessary mental and physical tension.

WHEN Thursdays, January 18 – February 15,  
6:30 to 8 p.m.

## PERSONAL TRAINING

### Intro to Kettlebell

Free for members. Before attending Kettlebell FIT classes, learn safe and proper Kettlebell techniques.

WHEN Tuesdays, January 2 | February 6  
Thursdays, January 4 | February 1

## AQUATICS

### Youth Swimming

Swim lessons and teams are available for all ages and skill levels. Private lessons are also available.

WHEN Weeks of January 8 – February 12  
LESSON COST Member \$60 | Nonmember \$75  
TEAM COST (Varies based on class and level)  
Member \$70/\$75 | Nonmember \$85/\$95

### Saturday Morning Water Workouts

Free for members. Classes held on Saturday mornings from 10:45 to 11:45 on a bi-weekly, rotating schedule.

AQUA ZUMBA January 13 and 27

DEEP WATER FITNESS January 6 and 20

## SMALL GROUP TRAINING

New to the BAC, all small group training programs are led by a personal trainer and are sure to keep you motivated and moving toward your health and fitness goals.

WHEN Weeks of January 8 – February 12

COST (per program) \$150 new participants | \$125 returning participants

Class options include:

### Advanced Barre

Get more Barre — Grace. Strength. Balance. Posture. Length.

WHEN Mon., 7 to 8 p.m. or  
Wed., 9:15 to 10:15 a.m.

### Advanced Kettlebell

High intensity kettlebell workouts with more advanced exercises and a progressive training program.

WHEN Fri., 12:15 to 1:15 p.m.

### Back Health

Learn how to live pain free and maximize performance through mobility exercises and strength training for your back, neck and shoulders.

WHEN Mon./Wed., 5:45 to 6:15 p.m.

### Boot Camp

Combine interval training and active rest in a challenging workout that will tone your entire body.

WHEN Mon./Wed., 6 to 6:30 a.m. or  
Tues./Thurs., 6 to 6:30 p.m.

### Functional Training

A challenging workout that combines high intensity workouts, heavy lifting and play in order to build muscles and stamina to help you live a healthy, functional life.

WHEN Mon., 7 to 8 p.m. or  
Sat., 11 a.m. to noon



### Grit

Combine strength, plyometric and cardio workouts for a full-body challenge that will have you burning calories for hours after your workout is complete.

WHEN Mon./Fri., 10:30 to 11 a.m. or  
Tues./Thurs., 5:45 to 6:15 a.m.

### Intro to Weight Lifting

Learn how to use the squat racks and proper form for Olympic weight lifting.

WHEN Tues., 7 to 8 p.m.

### Run-train (mobility & strength)

Prepare your muscles to run faster, farther and better through mobility exercises and strength training.

WHEN Mon./Wed., 6:30 to 7 p.m.

### Tri-train (mobility & strength)

Prepare your muscles for an upcoming triathlon through mobility exercises and strength training.

WHEN Tues., 5:45 to 6:45 a.m.

### Post-natal Training

Work on core strength and mobility exercises to be a fit and healthy mom.

WHEN Mon./Thurs., 10:30 to 11 a.m.

### Pre-natal Training

Prepare for childbirth and recovery using strength training and core work.

WHEN Tues./Fri., 10:30 to 11 a.m.