

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## February at the BAC

### February is National Heart Month

We are #bronsonproud to offer you the facilities, equipment and expertise to help build and maintain a healthy heart.

## Deli Special

### Heart healthy oatmeal for \$2

Stop by the BAC deli after your morning workout for a heart healthy bowl of oatmeal topped with your choice of raisins, berries and/or brown sugar.

## Pro Shop Special

### 25% off Life is Good brand t-shirts

February specials are valid through February 28, 2018.

## Policy Reminder: Modesty

In 2015, we implemented a modesty policy. This policy calls for no nudity in the hot tubs, among other considerations. Please be respectful of your fellow BAC members and abide by the policy, which includes:

- Proper swimwear is required in the hot tubs; nudity, underwear or towels are not allowed.
- Please be discreet and cover up with a towel when walking around, grooming at the mirror or sitting in the steam room, sauna, lounge area or on benches.

### Member Freeze Policy Overview

- Only available to members temporary relocating or suffering a medical issue keeping them from using the BAC.
- Those who freeze membership prior to February 1, 2018 will pay \$10. As of February 1, 2018, the freeze fee will increase to \$15/month.
- Members with frozen accounts may not use the BAC, including as a guest, with a guest pass or with a punch card.

## BAC Connection Goes Green in March

Starting next month, the BAC Connection will be available exclusively online! It will be available on the "Club News" page of [bronsonathleticclub.com](http://bronsonathleticclub.com). For those of you who receive your monthly statement via email, you will continue to receive the BAC Connection with your statement. For those of you who receive your statement in the mail, it will include a reminder to view the BAC Connection online. This is a move in the direction of sustainability for the club as we continue to work toward decreasing our environmental footprint. If you currently receive statements by mail and would like to start receiving statements electronically, talk to a membership representative.

## Policy Reminder: Member Freeze

For members who are having a medical issue that inhibits them from using the club or are temporary relocating for an extended period of time, we offer a membership freeze. Please note, you are not able to freeze your account 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, the freeze cost is \$15 per month. To learn more about the freeze policy, and the difference between frozen and inactive memberships, visit the "Current Member" page of [bronsonathleticclub.com](http://bronsonathleticclub.com) or talk to a membership representative.

## New Weekly E-Newsletters to Keep You In-the-Know

Starting in January, we launched a weekly e-newsletter. This newsletter is separate from the BAC Connection and is emailed on Friday to all members with an email address on file. It briefly highlights events, programs and classes happening within the next week, as well as notifies you of changes immediately affecting your membership. If we don't already have your email, provide it to a membership representative or email [bac@bronsonhg.org](mailto:bac@bronsonhg.org), stating that you want to receive the new e-newsletter.

## Locker Room and Pool Renovations This Summer

You've been asking, and we've listened. Starting this summer, the locker rooms and pool will undergo major renovations. We are waiting on a definitive timeline, but plan to start renovations in the spring. The project will take approximately three months to complete. Below is a list of updates that will be made during the remodel.

### Locker Room Updates:

- New tiles and grout on the floor and walls
- New showers
- New sinks and toilets
- Resurfacing & new tiles on hot tub & cold plunge
- Deep cleaning

### Pool Updates:

- Resurfacing and new tiles in all pools
- Deep cleaning

Posters have been placed in the club's entryway, showcasing all the changes planned for the locker rooms and aquatics area. We are very pleased to be able to invest in making these updates to upgrade our facility and enhance your experience as a BAC member.

FEBRUARY – MARCH

# 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. The BAC reserves the right to cancel any class due to low registration. 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, February 20 – March 27,  
7 to 7:50 p.m.

YOGA Thursdays, February 22 – March 29,  
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, February 22 – March 29,  
6:30 to 8 p.m.

COST Member \$60 | Nonmember \$80

## PERSONAL TRAINING

### Intro to Kettlebell

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

WHEN Tuesdays, February 6 | March 6  
Thursdays, February 1 | March 1

## AQUATICS

### Youth Swimming

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

WHEN Weeks of February 26 – April 2  
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 February 10 and 24  
DEEP WATER FITNESS February 3 and 17

## SMALL GROUP TRAINING

WHEN Weeks of February 26 – April 2

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

**Class options include:**

### Advanced Barre

Get more Barre — Grace. Strength. Balance. 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

### Smoking Cessation

Ready to live tobacco-free? Participants must attend all sessions. To register for this free program, visit [bronsonhealth.com/classes](http://bronsonhealth.com/classes) or call (269) 341-7723.

WHEN Mondays/Wednesdays,  
Feb. 19 - 28, 5:30 to 6:30 p.m

### 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.