

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## March at the BAC

### March is National Nutrition Month

Click [here](#) to find healthy recipes from Bronson's nutrition experts, also available at [bronsonhealth.com/services/nutrition](http://bronsonhealth.com/services/nutrition).

## Deli Special

### Corned Beef Reuben Panini

In honor of St. Patrick's Day, stop by the deli between March 1 and March 17 for a traditional, deli-made corned beef sandwich featuring Swiss cheese, sauerkraut and thousand island dressing.

## Pro Shop Special

### 20% off Michigan-themed t-shirts

Valid through March 31, 2018

## NEW Club Hours Begin in April

2018 at the BAC is off to a great start. And we're excited to announce the next big change that will enhance your club membership! Effective Monday, April 2, the club will be open at 5 a.m. Monday through Friday. We hope these extended hours will make it easier and more convenient for members with early morning work schedules to get a good workout in before you head off to work.

## MEET OUR TEAM:

### The Fitness Staff

Do you spend time on the fitness floor? If so, you've probably seen (and hopefully met!) members of our fitness staff. You can identify the fitness staff by their bright red t-shirts. Their role on #teambronson is to ensure that you, our loyal members, have the best possible experience while working out on the cardio and strength training equipment. The team is always available to answer your questions and help you use equipment properly. They are also in charge of keeping the equipment clean and well maintained. Next time you're on the fitness floor, stop and say "hi" to the team. They are friendly and eager to help you get the most out of your club membership.

#### Need some conversation starters? How about:

- Will you show me how to use the PowerPlate?
- Will you spot me while I do my chest presses?
- My left shoulder has been bothering me. What are some machines I can use that will strengthen, but won't irritate, my shoulder?
- I noticed there is a rip in the leg press seat cushion. Will you have maintenance look into a replacement?



Photographed fitness staff include (left to right) Allison Snowden, Carley Ackerman and Shane Stefforia.

## Tell Us Why You Love Coming to the BAC and Get a Free Gift!

At Bronson, we love hearing your stories. They inspire us, and they inspire others! We encourage you to visit [bronsonpositivity.com](http://bronsonpositivity.com) and share what keeps you coming back to the BAC, continuing to better yourself and live a healthy lifestyle. As a thank you for sharing your story, you will receive a free gift by mail.

Looking for some inspiration of your own? Read [Lisa's story](#) and find out why coming to the BAC makes her smile!

## We've Officially Gone Green!

Starting this month, the BAC Connection is available exclusively online! It can be found on the "Club News" page of [bronsonathleticclub.com](http://bronsonathleticclub.com). If you aren't already on our email list, talk to a membership representative. In addition to this monthly publication, we're sending out weekly Wellness Alerts to keep you up-to-date on the most current club news and highlights.

MARCH - APRIL

# 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

Provider consent required.

H2O FITNESS Tuesdays, April 3 - May 8, 7 to 7:50 p.m.

YOGA Thursdays, April 5 - May 10, 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, April 5 - May 10, 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, March 6 | April 3, 5 to 5:30 p.m.

Thursdays, March 1 | April 5, 5 to 5:30 p.m.

## AQUATICS

### 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 March 10 and 24

DEEP WATER FITNESS March 3, 17 and 31

## MISC. HEALTH AND WELLNESS

### American Red Cross CPR Training

Want to learn how to provide lifesaving CPR if you ever find yourself in an emergency situation? Registration required by March 23. To register, email [bac.aquatics@bronsonhg.org](mailto:bac.aquatics@bronsonhg.org) or call (269) 544-3232.

WHEN Wednesday, March 28, 5:45 to 10 p.m.

COST \$60

## SMALL GROUP TRAINING

WHEN Weeks of February 26 - April 2 or April 9 - May 14

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

Class options include:

### Advanced Kettlebell

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

### Back Health

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

### Boot Camp

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

### Functional Training

WHEN Mondays, 7 to 8 p.m. or  
Saturdays, 11 a.m. to noon

### Grit

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

## Be Well: Schedule a Massage Today

Whether your muscles are fatigued from grueling workouts, you're carrying excess stress from long days in the office or you're simply looking to relax and unwind, [massage therapy](#) helps your body function at its best. Massage has been shown to release physical and mental stress, increase flexibility and range of motion, reduce headaches, improve digestion and more. If your employer offers wellness dollars, they can be used as reimbursement to cover the cost of your massage. To schedule your next appointment, visit the service desk or call (269) 544-3200.

### Intro to Weight Lifting

WHEN Tuesdays, 7 to 8 p.m.

### Run-train (mobility & strength)

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

### Tri-train (mobility & strength)

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

### Post-natal Training

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

### Pre-natal Training

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

## SAVE THE DATE: Second Annual Athletes & Artisans

Join us for a Group-X class on the gym floor and then stop by the conference rooms to see products from local health and wellness vendors.

WHEN Friday, April 13 to  
Sunday, April 15

WHO Members and your guests of all ages. We'll be offering Group-X classes for teens and adults as well as a kids' fitness class.

COST Members: Free  
Guests: \$10 in advance or  
\$15 at the door

More information, including registration details, will be posted throughout the club in the upcoming weeks. Questions or want to be an artisan market vendor? Email Katie at [vanslagk@bronsonhg.org](mailto:vanslagk@bronsonhg.org).

