

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## April at the BAC

**Effective Monday, April 2,**  
the club opens at 5 a.m.  
**Monday through Friday!**

### Easter: Sunday, April 1

The BAC is open from  
7 a.m. to 1 p.m. on Easter.

### Tuesday, April 10

The west gym floor will be closed  
from 5:30 to 6:30 p.m.

## Pro Shop Special

**20% off in-stock swimwear**

*Valid through April 30, 2018*

## Eric Zapata Memorial Run Will Impact Traffic April 21

On Saturday, April 21, the Eric Zapata Memorial Foundation will host the annual Eric Zapata 5K Walk/Run. The race starts at 9 a.m. at Kalamazoo Valley Community College and passes the BAC. Please prepare to wait for runners and walkers to pass when coming into and leaving the club on Elm Valley Drive. To register for the race, visit [ezmf.org](http://ezmf.org).

## Meet & Greet with Trainers

Interested in learning more about personal training and other fitness-related programs you have access to as a BAC member? Later this month, our trainers will host meet and greet sessions to help you find more ways to reach, and exceed, your fitness goals! Keep an eye out in the next few weeks for dates and times.



What are you doing the weekend of April 13? We hope you'll join us at our second annual Athletes & Artisans event! The weekend will feature group exercise classes, kids' fitness programs, cooking demos led by a Bronson registered dietitian and Bronson Methodist Hospital's executive chef, chair massages and an artisans market.

The event is free for all members, and you're able to bring guests for \$10 in advance or \$15 at the door. Pre-registration is encouraged for all classes, as space is limited. To register for the event or to save a group exercise spot, visit the service desk. [Click here to learn more and view the full schedule of events.](#) Questions? Contact Jill Thompson at [thompjil@bronsonhg.org](mailto:thompjil@bronsonhg.org) or (269) 544-3200.



**SWIM LESSONS  
START APRIL 17  
Sign up now!**

## MEET OUR TEAM:

## The Aquatics Staff

It takes a lot of energy and dedication to run the BAC aquatics department. And our team of lifeguards, swim instructors, coaches and water exercise staff make it look simple! Lifeguards are on the watch, making sure swimmers and those on the pool deck are safe and following the rules. Plus, they're always available to answer your questions. Swim instructors and coaches are here

to help you and your kids learn how to be safe and confident in the water. Our group of water exercise instructors are here to help make exercise fun!

Want to learn more about our aquatics team? Check out [bronsonathleticclub.com](http://bronsonathleticclub.com). On the site, you'll be able to find exercise class times, swim lesson schedules and more.



APRIL - MAY

# 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.

### Challenge Basketball

Free for members. Participants must be at least 16 years old. Drop by for a competitive game of basketball.

WHEN Mondays, 5 to 7 p.m. and  
Wednesdays, 6 to 8 p.m.

### Challenge Pickleball

Free for members. Participants must be at least 13 years old. Drop by for a competitive game of pickleball.

WHEN Mondays, 7 to 9 p.m., Wednesdays, 4 to 6 p.m.,  
Fridays, noon to 2 p.m. and  
Sundays, 10 a.m. to noon

### Pregnancy Yoga and H2O Fitness

Healthcare 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, April 3 | May 5, 5 to 5:30 p.m.  
Thursdays, April 5 | May 7, 5 to 5:30 p.m.

## SMALL GROUP TRAINING

WHEN Weeks of April 9 – May 14

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

Class options include:

### 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.

### Intro to Weight Lifting

WHEN Tuesdays, 7 to 8 p.m.

### Run-train (mobility & strength)

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

## JUST FOR KIDS

### BAC Twirlers

Join award-winning instructor Kyle Keiser for baton twirling. Classes available for all ages and skill levels.

WHEN Weeks of April 2 to June 4  
COST Member \$100 | Nonmember \$150

### Youth Swimming

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

WHEN April 17 to May 26  
LESSON COST Member \$60 | Nonmember \$75  
TEAM COST (VARIES BASED ON CLASS AND LEVEL) Member \$70/\$75 | Nonmember \$85/\$95

## AQUATICS

### Saturday Morning Water Workouts

Free for members. Classes are 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

### Swim Conditioning

Free for members. Join BAC swim coach Becca for a lap swim workout, designed to improve swimmer form and endurance. No registration required.

WHEN Sundays, 7:05 a.m.