

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

May at the BAC

Mother's Day

Sunday, May 13

Bring your mom to the club for free!

Armed Forces Day

Saturday, May 19

All veterans and active service members can use the club for free.

Memorial Day

Monday, May 28

Club hours: 7 a.m. to 1 p.m.

Downtown facility closes at 5 p.m. on Friday, May 25, and will reopen with normal hours on Tuesday, May 29.

Pro Shop Special

BIG Spring Sale!

Take 15% off your entire ProShop purchase through May 31!

Deli Special

Energy Bombs

Singles \$1 5 pack \$4.65

Try these new simple and sweet post-workout snacks! They are made fresh in the BAC deli with only three ingredients — walnuts, medjool dates and organic unsweetened coconut.

Take the Move 150 Challenge!

Between May 7 and 13, pick up a free Move 150 card at the service desk. During the week, complete different activities around the club. When you finish all the activities in one column or one row of the card, return it to the service desk for a chance to win fun prizes, including two tickets to the June 15 Kalamazoo Growlers game in the Miller Light Party Zone! Questions? Contact Lindsey Ralya at ralya@bronsonhg.org or (269) 544-3200.

Meet Our Team: Personal Trainers

Looking to get the most out of your workout? Our personal trainers are here to help! What do personal trainers do? They:

- Partner with you to create a plan so you can reach your goals.
- Help you work out safe and effectively.
- Help you alleviate aches and pains.
- Add variety to your workouts and make exercise fun!

Since no two people are exactly the same, our personal trainers are available for one-on-one personal training sessions, duo and trio training sessions (workout with your favorite workout buddy, significant other, etc.), and small group training.

To learn more about our energetic personal training team, visit bronsonathleticclub.com or email Sarah Onderlinde. To sign up for personal training, stop by the club service desk or call (269) 544-3200.



Age Restrictions on Cardio and Strength Training Floor

For the safety of our members and all those using the club, effective June 1, 2018 children under the age of 13 are not permitted on the second floor of the club. This includes the weight training and cardio stations, TRX room, Group-X studio, cycle studio and track.

We do believe fitness is important at all ages. We continue to encourage you to register your kid(s) for youth programming like swim lessons, and bring the whole family out to the club for open gym, open swim and other family-friendly activities. Plus, the youth activity center features age appropriate activities for kids of all ages to enjoy while you workout.

Check-in Process Change for Anyone 17 or Younger

As of June 1, **all members and guests ages 13-17** will be required to wear a wristband while inside the BAC. When checking in, those in this age group will be given a wristband that must be put on before going into the club. This wristband is designed to help our staff identify youth who are of the proper age to be on the clubs' second floor. Guest fees and all other applicable rules still apply.

All children ages 6-12 are welcome to be on the gym floor, racquetball courts and in the pool. Unlike kids ages 13-17, kids in this age range don't need a wristband. They must either be within arm's reach of an adult or enrolled in a club program at all times. Children ages 6-12 may not, under any circumstances, be in the sauna, steam room, hot tub, cold plunge or on the clubs' second floor.

MAY - JUNE

PROGRAMS | CLASSES

For details or to register for a youth swim program, call (269) 544-3232, email 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.

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

Healthcare provider consent required. Class won't be held on July 5.

WHEN Thursdays, May 17 - July 12, 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. Class won't be held on July 5.

WHEN Thursdays, May 17 - July 12, 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, May 1 | June 5, 5 to 5:30 p.m.
Thursdays, May 3 | June 7, 5 to 5:30 p.m.

SMALL GROUP TRAINING

WHEN Weeks of June 4 - July 16 (no classes held during the Fourth of July week)
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.

AQUATICS

Aqua Zumba®

Free for members. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. No registration required.

WHEN Fridays, 10 to 11 a.m.

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® May 5 and 19

DEEP WATER FITNESS May 12 and 26

JUST FOR KIDS

Youth Swimming

WHEN Weeks of June 4 to 23
LESSON COST Member \$30 |
Nonmember \$38
TEAM COST Member \$35 |
Nonmember \$48

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.

Summer Locker Room and Pool Renovations

Summertime is quickly approaching – and so are club renovations! To help enhance your club membership, we will be completing phase 1 of locker room/aquatics renovations between June 24 and September 1, 2018. During phase 1 construction, we'll update the women's locker room and resurface the pool. Then during summer 2019, we'll complete phase 2 of renovations by updating the men's locker room and replacing the tile around the pool and hot tub/cold plunge areas.

During phase 1 (summer 2018) renovations, the women's locker room shower area as well as the aquatics area will be closed. The toilet/sink area in the women's locker room will remain open during much of the construction process. Signs will indicate areas that are accessible, as well as areas that are closed throughout the process. If you have questions, please contact Cindy Baranowski, director of operations at baranowc@bronsonhg.org or (269) 544-3200.