

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Important Dates

Father's Day

Sunday, June 17

Bring your dad to the club for free!

4th of July

Wednesday, July 4

Youth center and deli closed

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

Downtown facility will close at 5 p.m. on Tuesday, July 3 and will reopen with normal hours on Thursday, July 5.

Pro Shop Special

20% off Tasc Clothing

Valid through June 30, 2018, take **20% off any Tasc brand shirts and shorts!** Tasc clothes are made of high-quality, high-performance silky-smooth material.

Personal Trainers Available to Help You Reach Your Goals

Are you in need of safe, effective exercises to help you get the most out of your workouts? Looking for some extra motivation to hit the gym? Our personal trainers are here to help! If you're new to personal training, try the Intro to Personal Training package — 3 sessions for only \$99. [Click here to learn about personal training](#) and how our team of experts can help you maximize your time at the gym and get the fitness results you want!



Summer Locker Room and Pool Renovations

Summertime is here – and so are club renovations! To enhance your club membership, we will be updating the women's locker room and resurfacing the pool this summer. In order to keep the timeline to twelve weeks, we will be waiting until summer 2019 to update the men's locker room and replace the tiles on the pool deck.

Renovations will begin June 24 and should wrap up by September 1. During this time, the women's locker room will remain partially open and signage will indicate areas that are accessible, as well as areas that are closed. When we begin updates in June, the changing areas and restrooms will remain open while the shower area is retiled. Keep an eye out in the weekly e-newsletters for up-to-date information regarding renovations.

Renovation schedule:

- 6/23: pool closes at noon and will remain closed through 8/31
- 6/24-6/25: women's locker room fully closed
- 6/26-8/4: women's locker room shower area closed for renovations; toilets, sinks and lockers remain open
- 8/5-8/30: women's locker room toilets and sinks closed for renovations; shower area remains closed; lockers remain available
- 8/31: women's locker room fully closed; carpet laid around lockers and final inspection conducted
- 9/1: women's locker room and pool reopen!

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.

Change in check-in process for anyone ages 17 and below:

As of June 1, all members and guests that are ages 13-17 will be required to wear a wristband while inside the BAC. When checking in at the desk, those who fall into this age group will be given a wristband that must be put on before proceeding into the club. This wristband is designed to help our staff identify youth who are of the proper age to be on the club's 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 pool. 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 club's second floor.

Blood Drive

Monday, June 11, 8 a.m. to 12:20 p.m.

Michigan Blood is Bronson's sole provider of blood. Register to donate at miblood.org.

Walk-ins welcome.



JUNE - JULY

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.

WHEN Thursdays, July 19 - Aug. 30, 5:30 to 6:30 p.m.
COST Member \$27 | Nonmember \$40

PERSONAL TRAINING

Intro to Kettlebell

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

WHEN Tuesdays, June 5 | July 3, 5 to 5:30 p.m.
Thursdays, June 7 | July 5, 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. Combine the Zumba® philosophy with water resistance for one pool party you shouldn't miss. 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 a.m. on a bi-weekly, rotating schedule.

AQUA ZUMBA® June 2, 16 and 30
DEEP WATER FITNESS June 9 and 23

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.

Family Fun Night at Kalamazoo Growlers Game

Join us on Friday, June 15 for an evening at the ballpark with your friends from the BAC. There are only a few tickets left for this family-friendly event. All tickets include entry into the park and the Miller Lite party zone, all you can eat food and non-alcoholic drinks, and a post-game fireworks show. Packages with drink tickets are also available. To purchase tickets, visit the clubs' service desk. If you have questions, contact Lindsey Ralya at ralyal@bronsonhg.org or (269) 544-3200.

Gates to the game open at 6:05 p.m.
The game starts at 7:05.

