

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Upcoming at the BAC

4th of July

Wednesday, July 4

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

Orange Sticker Sale

Through July 31, 2018, take an extra 40% off all orange stickered items in the pro shop. All sales are final.

Deli Feature

Grab-and-Go Salads

Don't let your workout go to waste! Stop by the deli and fuel up with some healthy greens and protein. Customize the salad of your choice with different veggies, meats and cheeses. Cost varies by salad weight.

Take Your Workouts to the Next Level with Small Group Training

What is small group training? It's a quick, efficient and FUN weekly workout led by a nationally certified personal trainer. Program offerings are available for everyone, no matter where you are on your fitness journey. Choose from programs focused on weight loss, strength training, improved balance and more. [Visit the small group training page of bronsonathleticclub.com](#) to watch a video and learn how you can crush your goals with small group training.

For more information, including new and returning participant pricing, visit the service desk, email onderlis@bronsonhg.org or call (269) 544-3200.

New sessions of two small group training programs begin the week of July 23:

GRIT

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

Boot Camp

Tues./Thurs., 6 to 6:30 p.m.



Small group training is a quick, efficient and fun weekly workout led by a certified personal trainer.

Use, Don't Lose, Your Wellness Dollars

Hey, Bronson Healthcare employees. If you have wellness dollars through your benefits package, they can be used for club services like massage therapy, personal training and small group training. Remember, these dollars don't roll over at the end of the year, so make sure to start using them before they go to waste! Talk to a member of the service desk or call (269) 544-3200 to schedule your next massage or training session.

Strengthen Your Entire Body with TONE

Use your own body weight, free weights and resistance bands to get the most out of your workout in just 45 minutes! This Les Mills class is free for members and incorporates basic bodyweight exercises, weight lifting and functional training for a full body workout that will leave you feeling challenged, yet successful, no matter your fitness level! [Click here to find a TONE class](#), or another group exercise class, that fits your schedule.



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



The annual Bronson Children's Hospital 5K Run & Walk is scheduled for Sunday, September 30. The community event will begin at 10 a.m. in downtown Kalamazoo and benefits Bronson Children's Hospital, southwest Michigan's only children's hospital.

Want to start your training now? Sign up to work out with one of our certified personal trainers. With a team of nearly 15 trainers, there is a perfect fit waiting for you. They offer diverse backgrounds and special interests – including running and endurance training to improve your stamina, strength training to reduce your chance of injury, and more. To schedule your next appointment, talk to a member of the service desk or contact Sarah Onderlinde at (269) 544-3200 or onderlis@bronsonhg.org.

Visit bronsonhealth.com/runwalk to learn more about the Bronson Children's Hospital 5K Run & Walk or to register.

Les Mills Smart Bar Reminder

Les Mills Smart Bars are a great piece of equipment that make barbell workouts easier, since switching the weights on each end of the bar is quick and simple. Although these bars are available for use in a variety of classes, as well as for your use outside of group exercise classes, please note that participants in the small group training program, GRIT, have first priority of these bars during their scheduled program time. Smart Bars are required for their workouts. We do have several standard barbells and a large selection of weight plates available for you to use if these Smart Bars are all in use. Questions? Talk to any of the fitness staff members — you can identify them by their bright red t-shirts!



Summer Yoga Classes Offered

The pool may be closing for renovations, but we have all your low-impact workouts covered! Now through Labor Day, Aireal will lead two new free-to-member yoga classes. Both classes are designed to be easy on the joints and help you strengthen your muscles. These are the perfect mind-body workouts if you're used to exercising in the water.

Want more yoga classes? [Check out the group exercise schedule](#). There are options to choose from every day of the week, like Power Yoga, Gentle Yoga and Body Flow.

Modesty Policy Reminder

Based on our 2015 annual member survey, we implemented a modesty policy. The 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 on locker room benches, in the steam room, sauna or lounge area.

Vinyasa for Athletes

Thursdays at 6 p.m.

Restorative Yoga for Arthritis

Tuesdays at 2 p.m.

Wednesdays at 7 a.m.

Gym Towel Reminder

Have towels been piling up at the bottom of your gym bag? Has your laundry seen an influx of white towels that don't match the rest of your home's collection? If any towels from the BAC have made it out of the club and into your house, please remember to return them during your next trip to the gym. We want to ensure towels are always available for all our members to use during and after workouts.



*Nothing inspires like Bronson Positivity.
Share your story and read others at
bronsonpositivity.com.*