

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## Upcoming at the BAC

### Labor Day Hours

Monday, September 3  
Club hours: 7 a.m. to 1 p.m.

## Pro Shop Special

### Dive Into Savings

Valid through August 31, 2018,  
take 30% off all in-stock swimsuits.

## Be Fit. Be Well. Be Inspired.

### Work with a BAC Personal Trainer and Reach Your Goals

Are you looking to get in better shape? Have nagging aches and pains that won't go away? Do you simply want to get the most out of your club membership? Sign up for personal training! With more than 15 nationally certified personal trainers, each with unique backgrounds and special interests, the perfect fit is waiting for you. Individual and group sessions are available and you can save by purchasing a BAC PAC personal training package. If you are a new member or haven't worked with a BAC personal trainer yet, you qualify for the Intro to Personal Training program — three sixty-minute sessions for only \$99.

To learn more about our personal training team, contact Sarah Onderlinde at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org) or visit the “Personal Training” page of [bronsonathleticclub.com](http://bronsonathleticclub.com).

## Rules and Policies Updated

At the BAC, we're committed to providing a high-quality fitness experience for all of our members and guests. To ensure satisfaction and safety every step of the way, we have a set of rules and policies. New policies have recently been instated. View the member rules and policies document on the “Current Member” page of [bronsonathleticclub.com](http://bronsonathleticclub.com). Important updates to be aware of include:

- Membership is now open anyone age 13+ (page 3)
- Behavior policy – category 1, 2 and 3 offenses (page 4)

If you have questions, contact a membership representative at (269) 544-3200 or email [vanslagk@bronsonhg.org](mailto:vanslagk@bronsonhg.org).

## Meet Our New Personal Trainers

Please help us welcome two of our newest personal trainers!



**Yasmeen Haleem, ACE-CPT**, is a WMU grad with a bachelor's degree in exercise science. When it comes to personal training, she has special interests in weight training and weight management. In her spare time, Yasmeen loves to play sports and spend time outdoors. Plus, she practices yoga and meditation first thing every morning!



**Marti Lindstrom, AFFA-CPFT**, is also a WMU grad with degrees in physical education and mathematics. In addition to personal training, she also teaches group exercise classes, including BodyAttack, Tone and Sprint. Fun facts about Marti: she competitively showed horses for ten years, and she once performed “Polly Wolly Doodle” in an elementary school talent show!

To learn more about Yasmeen, Marti and the rest of our personal training team, visit the “Personal Training” page of [bronsonathleticclub.com](http://bronsonathleticclub.com). They are eager to work with you to help you reach – and exceed – your health and fitness goals. To get started, [complete a health history form](#), email Sarah Onderlinde at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org), or call (269) 544-3200.



[bronsonpositivity.com](http://bronsonpositivity.com)

Nothing inspires like Bronson Positivity. Tell us why you love coming to Bronson Athletic Club, and read other stories at [bronsonpositivity.com](http://bronsonpositivity.com).

## 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

### Youth Swimming

Swim lessons and teams are available for all ages and skill levels, and now are available exclusively to the children of BAC members. Private lessons are also available.

WHEN Weeks of Sept. 10 to Oct. 15

LESSON COST \$60

TEAM COST (Varies based on class and level)  
\$70-\$75

## Group Exercise Schedule Updated: More Classes to Fit Your Schedule!

You asked and we've listened. Effective immediately, Sunday morning BodyAttack and Monday morning Foam Roller Stretching have been added back to the free-to-member group exercise schedule. To view the full schedule, visit the "Group Exercise" page of [bronsonathleticclub.com](http://bronsonathleticclub.com).

- **BodyAttack**

Sundays, 8 to 9 a.m.

- **Foam Roller Stretching**

Mondays, 8:45 to 9:15 a.m.

## Five Simple Tips to Stay Hydrated

Water seems to be the key to everything. Need to lose weight? Drink water. Need clearer skin? Drink water. Have a headache? Drink water. Did you know that hydration also has a big impact on your overall health?

According to the American Heart Association (AHA), severe cases of dehydration can have side effects like headaches, swollen feet or even life-threatening conditions like heat stroke.

Water is the best way to stay hydrated, whether you're drinking it or eating foods like fruits and vegetables that contain a high percentage of water. To make sure you are staying hydrated and keeping your body happy, follow these five tips recommended by the AHA.

1. Drink the right amount for your body.
2. Keep a water bottle with you throughout the day.
3. Set an alarm or reminder to drink water throughout your day.
4. Monitor caffeine and alcohol intake.
5. Add flavor with fresh fruit or herbs.

For an explanation of these tips, [click here](#).

## Water Chart

Body Weight	Daily Recommendation
80 lbs	40 oz.
100 lbs	50 oz.
120 lbs	60 oz.
140 lbs	70 oz.
160 lbs	80 oz.
180 lbs	90 oz.
200 lbs	100 oz.
220 lbs	110 oz.
240 lbs	120 oz.
260 lbs	130 oz.
280 lbs	140 oz.
300 lbs	150 oz.
320 lbs	160 oz.
340 lbs	170 oz.
360 lbs	180 oz.
380 lbs	190 oz.

8 ounces = 1 cup  
4 cups = 1 quart  
4 quarts = 1 gallon

## We Run on Positivity!

Join us **Sunday, September 30, 2018** at our 5K Run & Walk to support Bronson Children's Hospital.

Fun activities from 9 a.m. to noon  
Run & Walk begins at 10 a.m.

**NEW TIME!**

Located at Bronson Methodist Hospital parking lot on the corner of John and Lovell streets.

To register, visit:  
[bronsonhealth.com/RunWalk](http://bronsonhealth.com/RunWalk)  
Email: [healthfoundation@bronsonhg.org](mailto:healthfoundation@bronsonhg.org)  
Phone: (269) 341-8100



**BRONSON CHILDREN'S HOSPITAL**  
RUN & WALK 2018