

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Pro Shop Special

Member Appreciation Sale

Available to BAC members only, take 15% off your entire purchase. This offer includes items that are already on sale.
Available September 1-30.

New Fall Youth Activity Center Hours

Effective Sunday, September 2, the youth activity center will be open during the following times:

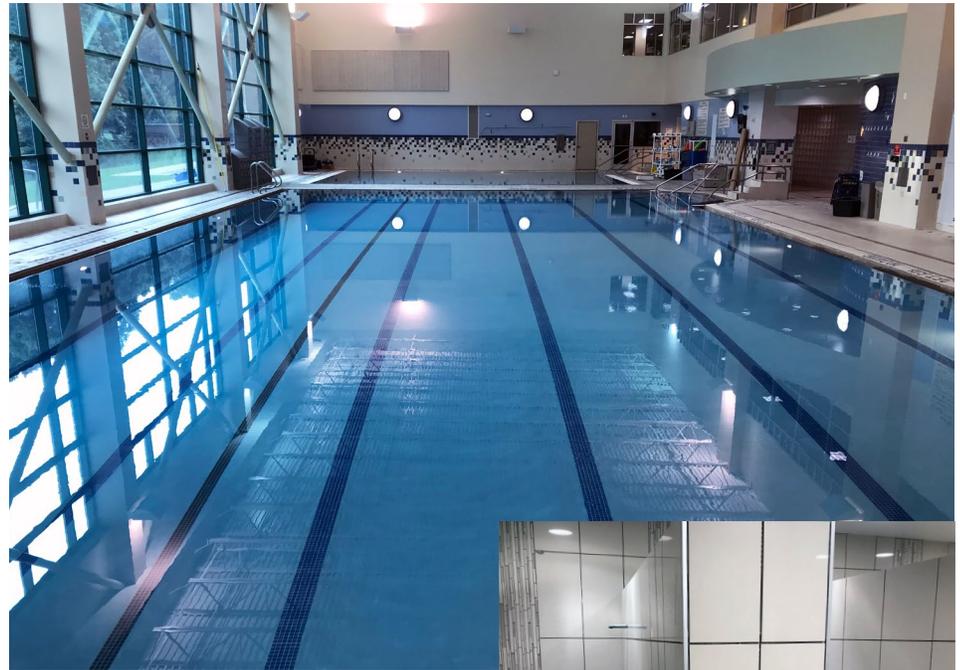
Mondays-Thursdays, 8:30 a.m. to 8 p.m.
Fridays, 8:30 a.m. to 5 p.m.
Saturdays, 8:30 a.m. to 2 p.m.
Sundays, 8:30 a.m. to noon

Thank You for Your Book Donations on National Book Lover Day

To everyone who donated a book to Bronson Children's Hospital as part of our book drive on National Book Lover Day, thank you. We collected over 100 books! What a great way to spread Positivity and bring smiles to the faces of some of Bronson's youngest patients and visitors. Read about our book drive, and find more stories about Positivity in action, at bronsonpositivity.com.

Annual 5K Benefits Children's Hospital

What are you doing Sunday, September 30? We hope you'll be at the Bronson Children's Hospital Run & Walk! If you're thinking about running in this annual 5K, benefitting southwest Michigan's only children's hospital, there is still time to start training. Our personal trainers are available to help you learn the best cross training techniques so that you're in shape and avoid running injuries.



Summer Renovations Complete

We are pleased to announce that as of Saturday, September 1, all renovations in the women's locker room and pool area are complete! Both areas have reopened in full. The pool is now open for lap swim, family swim and open swim. Water exercise classes and youth swimming will resume the week of September 10. Check out the '[swimming and water fitness](#)' section of bronsonathleticclub.com to see



the pool schedule, and to find a list of upcoming swim lesson and swim team dates and times. We appreciate your patience and understanding throughout the summer months as we made these much needed improvements!

To schedule your next appointment, talk to a member of the service desk, call (269) 544-3200 or email onderlis@bronsonhg.org. Learn more about personal training on the '[personal training](#)' page of bronsonathleticclub.com. To learn more about the Bronson Children's Hospital 5K Run & Walk or to register, visit bronsonhealth.com/runwalk.



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

Sunday, September 30
Fun activities begin at 9 a.m.
Run & Walk starts at 10 a.m.

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

Tai Chi

A meditative martial art, rid your body of unnecessary mental and physical tension.

WHEN Thursdays, September 13 to October 18,
6:30 to 8 p.m.

COST \$60

JUST FOR KIDS

Youth Swimming

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

WHEN Weeks of Sept. 10 to Oct. 15

LESSON COST Member: \$60 Non-Member*: \$75

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

**Non-members who paid an annual usage fee between August 2017 and July 2018: you may continue to sign your child(ren) up for swim programs until your annual fee expires. At that time, you must become a BAC member in order to continue signing your child(ren) up for swimming.*

SMALL GROUP TRAINING

Fall I program options are below. To register, call (269) 544-3200 or talk to a representative at the service desk.

Boot Camp

Combine interval training and active rest in a challenging workout that will tone your entire body.

WHEN Tues./Thurs., 6 to 6:30 p.m.
Sept. 11 to Oct. 18

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

Grit

Combine strength, plyometric and cardio workouts for a challenge that will have you burning calories hours after your workout.

WHEN Mon./Fri. 10:30 to 11 a.m. or
Tues./Thurs., 5:45 to 6:15 a.m.
Weeks of Sept. 10 to Oct. 19

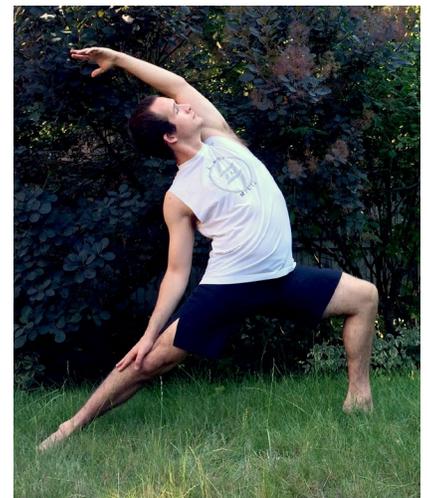
COST (per program)
\$150 new participants
\$125 returning participants.

If you prefer to train with your favorite workout partners, and are looking for some guidance from a personal trainer, you can create your own small group training program with three or more people. To get started, for pricing or with questions, talk to Sarah Onderlinde at onderlis@bronsonhg.org or (269) 544-3200.

Welcome to Our Newest Group Exercise Instructor

This fall, we welcome Daniel McNally to our group exercise team. Some of you may have already met Daniel during his class shadowing in August. In the coming weeks, he will begin teaching group exercise classes like BodyFlow and BodyCombat.

What gets Daniel excited about Les Mills classes and teaching group exercise classes at the BAC? "I love the way Les Mills combines music, breathing and movement in their BodyFlow program. It gives me inner peace and strength! BodyCombat is great because it is upbeat, a lot of fun, and a real challenge," he says. "I love watching other people challenge themselves and progress – not only in technical form but in confidence! Group exercise is so exciting because of the team atmosphere...I love watching everyone push it to the limit together as one tribe!"



Group exercise instructor Daniel McNally

Want to find a group exercise class that fits your schedule? Visit the [group exercise' page on bronsonathleticclub.com](http://bronsonathleticclub.com) or pick up a schedule at the service desk.