

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## Thanksgiving Hours

In celebration of Thanksgiving, the main club on Elm Valley Drive will be open from 7 a.m. to 1 p.m. on Thursday, November 22. The deli and childcare will be open from 8:30 a.m. to noon. The BAC – Downtown will be closed all day.

## Build Long, Lean Muscles with Reformer Pilates

What is Reformer Pilates? It is a pilates-style workout that uses reformer technology — machines with springs that generate resistance. These machines help isolate specific muscle groups in ways you cannot do while standing. If you have an injury, the reformer can be useful to maintain proper alignment and provide support.

In addition to helping you build long, lean muscles, Reformer Pilates offers several benefits, including:

- Improved balance, posture, coordination and flexibility
- Increased core strength and range of motion
- Enhanced mobility

Want to give it a try? Stop by the service desk to sign up for group, private or duet sessions. For more information, visit the “Facilities and Programs” section of [bronsonathleticclub.com](http://bronsonathleticclub.com) or email Renae McCullough at [mcculloj@bronsonhg.org](mailto:mcculloj@bronsonhg.org).



## Have You Been Participating in the BAC Fitness Challenges?

Be Fit. Be Well. Be Inspired. Try something new and reach your fitness goals! Challenges change every week and can include anything from rowing a predetermined distance on the club's row machine, to doing as many pushups as possible in a minute.

### How do the challenges work?

Every Sunday, a new fitness challenge is posted to our Facebook page ([facebook.com/bronsonathleticclub](https://facebook.com/bronsonathleticclub)). A challenge sign is also posted on the fitness floor bulletin board, across from the upstairs group exercise studio, on Mondays.

Once you complete the challenge, we encourage you to comment on the Facebook post and tell us how you did! You can also take a picture or video of yourself completing the challenge and post it to your own

## Holiday Guest Passes Available

Do you have friends or family coming to town this holiday season? Stock up on holiday guest passes so they can join you during your workouts! Members can purchase holiday guest passes between November 15 and December 31, 2018. Passes will be sold in quantities of two (\$25), three (\$35), or five (\$50). All passes are valid for 60 days after purchase. No extensions, refunds or replacement passes will be provided.

To purchase your holiday guest passes, talk to a membership representative Monday through Thursday from 8 a.m. to 8 p.m., Saturday from 9 a.m. to 4 p.m. or Sunday from 11 a.m. to 5 p.m. For more information, contact a membership representative at (269) 544-3200 or [heurin@bronsonhg.org](mailto:heurin@bronsonhg.org).

## BAC Fitness Challenge



Facebook, tagging the BAC in your post and adding the hashtags *#BACFitnessChallenge* and *#BeFitBeWellBeInspired*.

Remember – if you ever have questions or need help using any of the equipment on the fitness floor, our fitness staff and personal trainers are available and eager to answer your questions!

## Provide Your Feedback, Get Free Guest Passes

At the BAC, our goal is to provide you with the best fitness experience possible. To help ensure we offer the opportunities you need to be fit, be well and be inspired, we are asking you to share your feedback with our team. Between November 1 and 30, complete the 2018 BAC Member Survey at [surveymonkey.com/r/BACMEMBER2018](https://surveymonkey.com/r/BACMEMBER2018).

As a thank you for completing this quick, five minute survey, you can pick up two free guest passes at the service desk. Just bring your confirmation sheet to the desk. You must pick up your own guest passes (passes cannot be picked up for friends/family/coworkers who have also completed the survey).

## 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

### Parkinson's Exercise

For those living with Parkinson's disease, this program is designed to help counteract movement challenges that result from the disease. Classes are led by a nationally certified personal trainer. Prior to registration, you must have a consultation with a BAC personal trainer to determine which group best fits your needs, based on symptom progression. To schedule your free consultation, contact Sarah Onderlinde at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org) or (269) 544-3200. New participants can join at any time during a session for a prorated cost.

WHEN Current session running through January 7, 2019;  
new session scheduled for January 14 to April 1, 2019  
Mondays and Thursdays  
Group 1: 10:30 to 11:30 a.m.  
Group 2: 1:30 to 2:30 p.m.

COST \$100 per session (join any time during a session at a pro-rated cost)

## AQUATICS

### Swim Conditioning

Free for members. Join BAC swim coach Becca for a lap swim workout, designed to improve swimmer form and endurance. No registration required.

WHEN Sundays, 7:05 a.m.

## Burn Extra Calories While You Work

The holiday season is quickly approaching. As your schedule starts getting busier, it can be difficult to fit workouts into your day. Not to mention, your celebrations may include more food and drinks. To help you stay on track with your health and fitness goals, try a few of these tricks for burning some extra calories throughout the day.

- **Park "Inconveniently" Far Away.** By parking farther away, you are forcing yourself to take extra steps that you wouldn't have taken by parking closer to your destination.
- **Trade Your Office Chair for a Fitness Ball.** This will not only help improve your balance, but will also help strengthen your core. It is best to do this in small increments at first and work your way up to longer increments. This will ensure you're building up your core muscles in order to see the full benefits.
- **Look for Opportunities to Stand.** It is proven that you burn more calories standing than sitting. Try standing periodically throughout the day as you review documents, talk on the phone or meet with someone.
- **Take Fitness Breaks.** If you are often tied to your desk all day, give your mind and body a break by taking a walk for lunch. If you work in downtown Kalamazoo, [stop by the BAC – Downtown](#) for a quick, convenient workout!
- **Conduct Meetings on the Go.** Walking meetings and brainstorming sessions are a great way to get up and moving. Quite often it can also lead to a more productive meeting by boosting brain activity.
- **Pick Up the Pace.** If your job involves walking, try doing it at a faster pace. The more you walk and the quicker your pace, the greater the benefits.

For more tips and tricks on how to fit exercise into your day, visit [bronsonhealth.com/news](http://bronsonhealth.com/news). Looking for more ways to stay fit this holiday season? Stop by the service desk and sign up for personal training. Our team of nationally certified trainers is here to provide you with individualized workouts that are both safe and effective!

## Ladies' Night Out: Take Care of Yourself and Your Health!

Join Bronson's health experts to learn about a variety of health concerns common among women. This program is free and open to the public. Registration is required. For details and to register, visit [bronsonhealth.com/classes](http://bronsonhealth.com/classes) or call Bronson HealthAnswers at (269) 341-7723.

WHEN Thursday, November 8; Booths, beverages and appetizers: 6 to 6:30 p.m. Presentations: 6:30 to 7:30 p.m.