

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Holiday Hours

BAC – Elm Valley Drive Christmas Eve

Monday, December 24
7 a.m. to 1 p.m.

Youth activity center and deli open
from 8:30 a.m. to noon

Christmas Day

Tuesday, December 25
CLOSED

New Year's Eve and Day

Monday, December 31 and
Tuesday, January 1
7 a.m. to 1 p.m.

Youth activity center and deli open
from 8:30 a.m. to noon

BAC – Downtown

Christmas Eve, Christmas Day,
New Year's Eve and New Year's Day
CLOSED

Pro Shop End of Year Sale

From now through the New Year, shop at the BAC Pro Shop and save! Each week during the month of December, a new item will be featured at a discounted price. Weekly sales will be announced on Fridays. Don't wait, sales only last one week. Stop by and get your shopping done for your fitness-loving friends and family!

Use, Don't Lose, Your Wellness Dollars

The end of the year is right around the corner. If you're a Bronson employee who receives wellness dollars as part of your benefits package, make sure you spend them before December 31. BAC services that are eligible for wellness dollar reimbursement include massage therapy, personal and small group training, and monthly dues.

Commit to be Fit in 2019!

Are you looking to get in better shape? Are you ready to move with less aches and pains? Or, do you just want to get the most out of your workouts? Personal training can help.

If you've never worked with one of our nationally certified personal trainers, you are eligible for the [Intro to Personal Training package](#) – three 60-minute sessions for \$99.

Already working with a trainer? If you plan to continue your training sessions through 2019, purchase a large BAC PAC and save 10% on each training session. With the large BAC PAC, you must commit to twelve months of training and will be billed for sessions on a monthly basis.

Learn more about personal training on the ['Personal and Small Group Training'](#) page on bronsonathleticclub.com. If you have questions or to get started, email Sarah Onderlinde at onderlis@bronsonhg.org.



Holiday Guest Passes Available Through the End of the Month

Do you have friends or family coming to town this holiday season? Stock up on holiday guest passes so they can join you at the BAC! Members can purchase holiday guest passes through December 31, 2018.

Passes are available in quantities of two for \$25 (savings of \$5), three for \$35 (savings of \$10) or five for \$50 (savings of \$25). 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 heurinj@bronsonhg.org.

Looking for Some Holiday Recipe Inspiration?

Are you planning your holiday menu and looking for tasty, healthy options that won't derail your hard work in the gym? Try a recipe from Bronson's nutrition team, like parmesan dill asparagus fries. This recipe and more can be found at bronsonhealth.com/nutrition/education.



Parmesan dill asparagus fries

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 or (269) 544-3200. New participants can join at any time during a session for a prorated cost.

WHEN January 14 to April 4
Mondays and Thursdays
Group 1: 10:30 to 11:30 a.m.
Group 2: 1:30 to 2:30 p.m.
COST \$100 (members and non-members)

JUST FOR KIDS

Youth Swimming

Swim lessons and teams are available for all ages and skill levels. Private lessons are also available. To register, call (269) 544-3200 or talk to a representative at the service desk.

WHEN Weeks of Jan. 7 to Feb. 11
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 January 2018 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 for your children to continue youth swimming.

SMALL GROUP TRAINING

Grit

Combine strength, plyometric and cardio workouts for a challenge that will have you burning calories hours after your workout. To register, call (269) 544-3200 or talk to a representative at the service desk.

WHEN Mon./Fri. 10:30 to 11 a.m. or Tues./Thurs., 5:45 to 6:15 a.m. Weeks of Jan. 7 to Feb. 11	COST (member/non-member per program) \$150 new participants \$125 returning participants
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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.



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.

BAC Fundraiser for Bronson Health Foundation

WEEKEND OF JANUARY 11

Be Well, and help support the Bronson Health Foundation! For a donation, you and your friends are invited to attend group exercise classes, get chair massages and more. All proceeds will be donated to the Bronson Health Foundation, enhancing the experience of Bronson patients and families, and advancing the health of our communities. Keep an eye out for more information in the coming weeks.