

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Pro Shop Special

Start the New Year in Style

Valid during the month of January, all BAC logo items are 20% off.

Deli Special

Power Up After Your Workout

Valid during the month of January, get a free energy bomb with any protein shake purchase. What's an energy bomb? It's a healthy bite-size snack made fresh in the BAC deli. It has Medjool dates, walnuts and organic unsweetened coconut. Yum!



Follow us: facebook.com/bronsonathleticclub

Winter Weather Class Policy

Winter in west Michigan means lots of snow! When the conditions are extreme, it may be necessary to cancel club programming. Our policy for class cancellations states that if Kalamazoo Valley Community College has a snow day, all group exercise (Group-X), youth swimming, small group training, water exercise and fee-based classes (i.e. Parkinson's Exercise) will be cancelled until noon. For classes scheduled after 1 p.m., please call the front desk to check if your class is running prior to heading out. Unless otherwise noted on our [Facebook page](#) or [website](#), we will not close due to bad weather conditions.

Fundraiser for Bronson Health Foundation

The weekend of January 11, join us for group exercise classes, kids' fitness classes, healthy snacks, and other fun, fitness-related activities. All proceeds benefit Bronson Health Foundation's Patients in Need Fund.

The weekend-long event is free for members, however, we encourage you to make a donation to help those in crisis. Anyone who makes a donation of at least \$50 or completes five group exercise classes will receive a free BAC tote bag. Guest tickets are available in advance. One-day passes are \$10. Two-day passes are



\$20. Three-day passes are \$25. [Visit bronsonhealthfoundation.com](https://bronsonhealthfoundation.com) to learn about their Patients in Need Fund. To learn more about the fundraiser, and to see a full event schedule, visit bronsonathleticclub.com.

2019 is Your Year!

Work with our nationally certified personal trainers to be fit, be well and be inspired. Why?

- Your quality of movement matters
- Your time matters
- Your efficiency and strength matter

Our trainers offer much more than exercise. You'll start with a powerful tool — conversation. Your personal situation will guide your trainer in planning the best approach. Never worked with a trainer? Get the Intro to Personal Training package — three 60-minute sessions for \$99. Ready to commit to be fit in the new year? Purchase a 6 or 12 month package. Keep your motivation high and workouts strong in 2019!

Youth Center Hours Update

Starting Sunday, January 6, the youth activity center will be available during the following times:

Mondays-Thursdays: 8 a.m. to 7 p.m.
Fridays: 8 a.m. to 5 p.m.
Saturdays: 8 a.m. to 2 p.m.
Sundays: 8 a.m. to noon

Find Healthy Recipes

Learn how to make this tex mex quinoa salad and other nutritious recipes from Bronson's team of dietitians and nutrition educators at bronsonhealth.com/nutrition.



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.

Why do you Love the BAC?

Is it the friendly smiles that greet you during your early morning workout? The instructors that teach your favorite group exercise class? The options you and your family have to workout and spend time together? Your stories inspire us. And they inspire others! [Visit bronsonpositivity.com](http://bronsonpositivity.com) and tell us what keeps you coming back to the club. For sharing your story, we'll send you a free tote bag.