

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## February at the BAC

### February is National Heart Month

We're #bronsonproud to offer the facilities, equipment and expertise that help you build and maintain a healthy heart.

## Pro Shop Special

**20% off in-stock swimwear**

Sale valid through 2/28/19  
and excludes swim accessories



Follow us: [facebook.com/bronsonathleticclub](https://facebook.com/bronsonathleticclub)

## New Yoga Class Available

New to yoga? Suffering from ailments like arthritis? Getting back into working out post-surgery? Join MaryJo for Restorative Yoga on Thursdays from 6 to 7 p.m. Learn more about this class and see the [full group exercise schedule on bronsonathleticclub.com](https://bronsonathleticclub.com).

## Save the Date: Third Annual Athletes & Artisans

### Weekend of April 12

More information will be posted throughout the club in the coming weeks. Questions or want to be an artisan market vendor? Email Katie at [vanslagk@bronsonhg.org](mailto:vanslagk@bronsonhg.org).



## Four Exercises for a Healthy Heart

Did you know that heart disease is the leading cause of death in the United States? To keep your heart strong, it is important to include aerobic exercise in your workout routine. Aerobic exercise is anything that gets your heart beating at a higher rate than normal over an extended period of time. The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. Four heart healthy workouts to try include:

### 1. Walking/Running

No matter what kind of shape you're in, taking more steps during the day is an easy way to maintain a healthy heart — plus, you don't need any equipment. At the gym, do some laps around the track, jump on a treadmill, or try out one of the walking trails around the club. Short on time? Park inconveniently far away, take the stairs or try a walking meeting.

### 2. Swimming

Swimming is good for your heart, plus it can help improve your lung capacity and

is easy on your joints. Check out the [pool schedule on bronsonathleticclub.com](https://bronsonathleticclub.com) for open lap swim times or to find a water exercise class that works for you.

### 3. Interval Training

Interval training combines periods of aerobic exercise with short bursts of high intensity moves. Interval training is especially good for your heart because it helps increase the flexibility and elasticity of your arteries and veins better than many other forms of exercise. Group exercise classes are a great way to try interval training workouts. Try a cardio (blue) class on the [group exercise schedule](https://bronsonathleticclub.com).

### 4. Strength Training

Often overlooked as a heart healthy workout, strength training can help reduce the risk of cardiovascular disease. Plus, it's a great way to build lean muscle and can lower your cholesterol.

Need help creating a fitness plan to keep your heart strong? Sign up for a [training session with one of our certified personal trainers](https://bronsonathleticclub.com). One-on-one and group sessions are available and can be customized to meet your unique goals.

## MORE GROUP EXERCISE OPTIONS

You've asked and we've listened! A new group exercise schedule was released last month. Have you tried any of these new classes?

### Mondays

**SPRINT**, 5:45 a.m.

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### Tuesdays

**RPM**, 5:30 a.m.

**Tone**, 5:30 a.m.

**Zumba**, 8 a.m.

### Wednesdays

**SPRINT**, 11:30 a.m.

**BodyCombat**, 6:30 p.m.

**BodyFlow**, 7:30 p.m.

### Thursdays

**SPRINT**, 12:15 p.m.

**Restorative Yoga**, 6 p.m.

### Fridays

**Zumba Gold**, 1:30 p.m.

### Saturdays

**BodyFlow**, 10:30 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

## 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 February 18 to March 30

**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 February 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.

### Fitness Festival Fun

Shout out to everyone who joined us at the fitness festival and fundraiser for the Bronson Health Foundation last month. We hope you'll join us for the next event — Athletes & Artisans — in April.



## 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 Feb. 18 to March 30

**COST** (member/non-member  
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 (269) 544-3200 or [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org).



## 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.