

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

March at the BAC

March is National Nutrition Month

Find healthy recipes from Bronson's nutrition experts at bronsonhealth.com/nutrition.

Pro Shop Special

25% off in-stock sweatshirts

Valid between March 1 and 31



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



We're now on Instagram! Search Bronson Athletic Club and follow us today!

New Toys in the Youth Activity Center

There's never been a better time to drop your kiddos off for some of their own fun while you enjoy a workout. Childcare hours are:
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.

Free Sports Injury Clinic Mondays and Thursdays

Do you have an injury from training, exercising or participating in your favorite sport? The experts at Bronson Sports Medicine can help. Free evaluations and consultations are available at the BAC from 3 to 6 p.m. on Mondays and from 7 to 10 a.m. on Thursdays.

On-site services:

- Assessments by a certified athletic trainer on a first-come, first-served basis
- Evaluation of a sport or exercise-related injury
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods

Learn more at bronsonhealth.com. With questions, call (855) 618-2676, ext. 5554581.



Annual Athletes & Artisans: April 12-14



Mark your calendars for the spring fitness festival! The third annual Athletes & Artisans event will feature:

- Group exercise classes
- A kids' exercise class
- An artisan market with local health and wellness vendors
- Cooking demonstrations led by Bronson nutrition experts
- And more!

The event is free for all members, and you can purchase weekend guest passes for \$25. With questions, contact Jill Thompson at thompjil@bronsonhg.org or (269) 544-3200. Want to be a vendor? Contact Katie Vanslager at vanslagk@bronsonhg.org or (269) 544-3200.

Black Bean and Sweet Potato Quesadilla



Interested in a meat-free, but still protein-rich, meal? Give black bean and sweet potato quesadillas a try! This unique meal is quick to make, wallet-friendly, and a crowd pleaser for the whole family. For cooking instructions and to download a printable recipe card, visit the "Education & Support" page of bronsonhealth.com/nutrition.

Ingredients (serves 4)

- 4 (8-inch) whole wheat tortillas
- 1 ½ cups mashed sweet potatoes
- ½ cup canned low-sodium black beans, rinsed and drained
- ½ of a 1-ounce package low-sodium or salt-free taco seasoning
- ½ cup shredded cheese, any variety
- 2 green onions, chopped
- ½-1 cup salsa (optional, for serving)
- Non-stick cooking spray

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

This program is designed to help those living with Parkinson's disease 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.

WHEN April 8 to July 10; 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 April 8 to May 18
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 March 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.

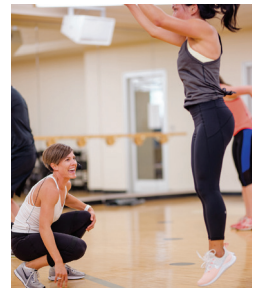
SMALL GROUP TRAINING

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 April 8 to May 18
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.



AQUATICS

Swim Conditioning

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

WHEN Sundays, 7:05 a.m.

BRONSON HEALTHCARE EVENTS

Freshstart Smoking & Tobacco Cessation Program

Get professional assistance, group discussions, tips and encouragement from other smokers trying to quit. Learn more at bronsonhealth.com/classes. To register or with questions, contact Lisa at (269) 341-8219 or saunderl@bronsonhg.org.

WHEN Tuesdays/Thursdays, March 5-14, 5 to 6 p.m.
WHERE Bronson Gilmore Center for Health Education,
south campus of Bronson Methodist Hospital
COST Free

Signs and Symptoms of Stroke

Learn how to recognize the signs and symptoms of a stroke. Registration required. Visit bronsonhealth.com/classes to learn more. With questions, contact Veronica at (269) 341-6050 or troutnev@bronsonhg.org.

WHEN Tuesday, April 16, 11:30 a.m. to 1 p.m.
WHERE Portage Senior Center
COST Free