

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

April at the BAC

Easter Hours

Sunday, April 21

Stop by for a workout between
7 a.m. and 1 p.m.

Pro Shop Special

Work out in style!

All in-stock Tasc Performance apparel
is 25% off between April 1 and 30.



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



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

Black Currant Iced Tea Returns

Back by popular demand, black currant iced tea from Harney and Sons is now available in the BAC deli.

Did you know?

1 lb. of muscle burns 7-13 calories per day.
1 lb. of fat burns 2-5 calories per day.
So, whether you're trying to lose those extra pounds or maintain a healthy weight, weight training is a crucial part of your workout routine.

Women's Lifting Six-Week Workshop

Ladies — Does the strength training equipment upstairs seem intimidating? It doesn't have to be! Join personal trainers Jeremy and Meg for a six-week workshop to learn how to safely use the strength training equipment. Each session will focus on a different exercise or major muscle group — like squats, back and shoulders, or core.

This program is a hands-on workshop, not a full workout. Jeremy and Meg will demonstrate how to set up the equipment, answer questions, show you how to do exercises the RIGHT way, and give you a chance to try each exercise.

New workshop sessions start every six weeks - the next being the week of May 6. Workshop cost is \$90 (\$15 per session you attend). Space is limited. For more information or to register, talk to Jeremy next time you're at the club, call (269) 240-5796 or email mutchlej@bronsonhg.org.

Attend a
60-minute
workshop
each week.

- Tuesdays, 9 to 10 a.m., or
- Wednesdays, 5 to 6 p.m., or
- Thursdays, 8 to 9 a.m.

Join Us at Athletes & Artisans

What are you doing the weekend of April 12? We hope you'll join us at our third annual Athletes & Artisans event! The weekend will feature fun activities like group exercise classes, a kids' fitness program, cooking demos, an artisans market and more.

The event is free for all members. Guest passes are available for \$25 (valid all weekend). Everyone who attends at least five activities will receive a free BAC swag bag! Registration is encouraged for BodyPump and cycling

Dependents on Your Membership

Does your family enjoy working out together? Your children between the ages of 13 and 25 are welcome to be on your membership as an associate. Once they reach 26 years old and are no longer a legal dependent, they are required to be on their own membership. If you have children on your account — active or inactive — who are reaching 26 and/or are no longer a legal dependent, stop by the membership office to move them to their own account or close out their inactive account. Questions? Contact Jen at (269) 544-3200 or heurlinj@bronsonhg.org.



classes, as well as cooking demos, as space is limited. Registration for kids' fitness is required. To save your spot in any of these classes, visit the service desk. [Learn more here.](#) Contact Jill at thompjil@bronsonhg.org or (269) 544-3200 with questions.

Signed Up for Automatic EFT Payments?

With the change in monthly dues earlier this year, those currently signed up for automatic EFT payments **with a set (or limited) monthly withdrawal amount** may still have outstanding balances after withdrawals have been made. To ensure your full balance is charged to your credit/debit card each month, contact Tammy at williamt@bronsonhg.org. If you're already set up for full balance EFT — meaning all your monthly charges, including dues, personal training, deli orders, etc. are paid in full automatically — or if you pay manually each month, you're all set! With questions, talk to a membership rep or email heurlinj@bronsonhg.org.

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 at onderlis@bronsonhg.org or (269) 544-3200.

WHEN Mondays/Thursdays, April 8 through July 10
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 April 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
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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 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, April 9-18, 5 to 6 p.m.
WHERE Bronson Gilmore Center for Health Education,
south campus of Bronson Methodist Hospital
COST Free

Advanced Care Planning Workshop

Regardless of your age or health status, serious accidents and sudden health changes can happen. Don't leave your family with questions. Attend this small-group discussion to learn the steps involved to communicate your healthcare wishes, if something happens and you're unable to speak for yourself. Learn more at bronsonhealth.com/classes. With questions, contact Hilary at (269) 341-8778 or kerrh@bronsonhg.org.

WHEN Wednesday, April 17, 6 to 7:30 p.m.
WHERE Bronson Athletic Club
COST Free