

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## May at the BAC

### Mother's Day

Sunday, May 12

Bring your mom to the club for free!

### Armed Forces Day

Saturday, May 18

All veterans and active service members can use the club for free.

### Memorial Day

Monday, May 27

Club hours: 7 a.m. to 1 p.m.

Downtown facility closes at 5 p.m. on Friday, May 24, and will reopen with normal hours on Tuesday, May 28.

## Pro Shop Special

### Spring cleaning sale!

Get an ADDITIONAL 40% off all orange sticker clearance items. All sales are final. Valid between May 1 and 31, 2019.

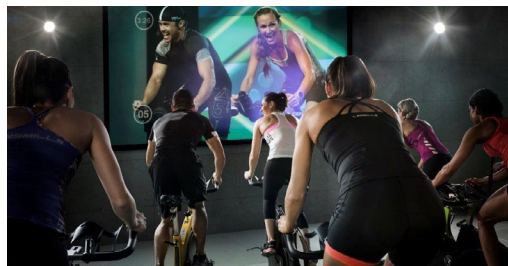


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We're now on Instagram! Search Bronson Athletic Club and follow us today!

## It's Coming: Major Group Exercise Upgrades!



Virtual group exercise classes – they're coming to the BAC! In June, large display boards will be installed in studio 1 and the cycle studio to accommodate on-demand, virtual Les Mills classes. This new, state-of-the-art technology will allow us to offer even more group exercise classes, free of charge, on an expanded schedule.

For those of you who work non-traditional hours, virtual group exercise classes will now be available at night, as well as on the weekend. Additionally, the opportunity to offer virtual classes will help us eliminate the need to cancel classes due to instructor availability or weather.

At this time, we will be offering the following classes virtually:

- SPRINT
- BodyPump
- Tone
- RPM
- Barre

Keep an eye out in the coming weeks for more details and class schedules. With questions, talk to Jill next time you're at the club, or email [thompjil@bronsonhg.org](mailto:thompjil@bronsonhg.org).

## Meet Zach, New Supervisor of Club Services

Zach Richards has recently been appointed supervisor of club services, overseeing massage and childcare. Before taking on this new role, Zach worked in the deli and at the BAC – Downtown service desk for nearly six years. He recently graduated with a psychology degree from WMU. In his free time, Zach loves all things sports. In fact, he created the BAC's employee kickball team and coordinates lots of fun events for staff to enjoy together.



Zach Richards

## Club Updates and Renovations

At the end of 2018, we announced the men's locker room would be upgraded. In an effort to reduce the number of times we have to shut down the locker room, the renovation project has been moved to the summer of 2020. This will allow us to complete locker room upgrades at the same time as the pool deck is replaced.

If you have questions, please talk to Cindy Baranowski, club director, next time you're at the club, or email [baranowc@bronsonhg.org](mailto:baranowc@bronsonhg.org).

## "The group exercise classes have helped me transform my body."

Kerri started working out at the BAC last October. At the time, she was suffering from hip and joint pain. Today, she is in better shape physically and is pain-free. She attributes her amazing results to the group exercise classes. She loves all of the classes, but BodyPump and SPRINT are her favorite. "Thanks to the BAC team for making people feel so great and healthy! I love it here."

Do you have a story to tell? Share it at [bronsonpositivity.com](http://bronsonpositivity.com), or talk to Jen in the membership department.



Watch Kerri's story on [bronsonpositivity.com](http://bronsonpositivity.com) to find out what keeps her coming to the BAC every day.

## 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 June 3 to July 15

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 in June or 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.

## 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.

## 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 June 3 to July 15	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](mailto:onderlis@bronsonhg.org).

## BRONSON HEALTHCARE EVENTS

### Incontinence: Stop the Leaks!

Loss of bladder control is a frustrating problem for millions of Americans. Not knowing when or where you might have an accident can affect everything from work, to exercise, to your social life. Join Dr. Pamela Baron, urologist at Bronson Urology & Continence Specialists, for a free discussion about the prevention, diagnosis, medical and surgical treatment options for bladder control issues. [Learn more and register at \[bronsonhealth.com/classes\]\(http://bronsonhealth.com/classes\)](#). Questions? Call Veronica at (269) 341-6050 or email [troutnev@bronsonhg.org](mailto:troutnev@bronsonhg.org).

WHEN Wednesday, May 15, 12:45 to 1:45 p.m.

WHERE Antwerp Township Activity Center in Mattawan

COST Free

### What's New to Know About Parkinson's?

Learn about new research, clinical trials and treatment options for Parkinson's disease. Register at [bronsonhealth.com/classes](http://bronsonhealth.com/classes) or call (269) 341-7723. Questions? Call Veronica at (269) 341-6050 or email [troutnev@bronsonhg.org](mailto:troutnev@bronsonhg.org).

WHEN Tuesday, May 21, 4 to 5:30 p.m.

WHERE Friendship Village in Kalamazoo

COST Free

### Childbirth Education Classes

Bronson offers classes for expecting parents, new grandparents and soon-to-be big siblings. To learn about upcoming classes, browse "Pregnancy & Parenting" on [bronsonhealth.com/classes](http://bronsonhealth.com/classes).