

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

June at the BAC

Father's Day

Sunday, June 16

Bring your dad to the club for free!

4th of July

Thursday, July 4

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

Youth center and deli closed July 4.

Youth center will be open 8 a.m. to 2 p.m. on July 5.

Downtown club will close at 5 p.m. on Wednesday, July 3 and will reopen with normal hours on Friday, July 5.

Pro Shop Special

Restock your swim accessories!

All month, goggles, caps, ear and nose plugs, and water floats are 20% off in the pro shop.

Deli Special

Looking for a post-workout pick-me-up? Stop by the deli for a healthy snack, drink or sandwich.

New on the menu:

- Protein Puppy Chow: \$2 (11 grams of protein per serving)
- Peanut Butter Protein Poppers: \$2.50 (22 grams of protein per serving)



Be our friend: [facebook.com/bronsonathleticclub](https://www.facebook.com/bronsonathleticclub)



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Summer Group Exercise Schedule

Summer is right around the corner! Though it means warmer weather, it can also mean changes to your daily routine. To accommodate, we have a new group exercise schedule which will be in effect through the summer. Check out the schedule any time at the service desk or on bronsonathleticclub.com.

One exciting highlight of the new schedule – **Saturday morning RPM** led by our new instructor, Jamie. Enjoy this indoor cycling workout that takes you on a journey of hill climbs, sprints and flat riding.



Welcome to Jamie Preece, our new group exercise instructor!

Renew, Refresh and Restore Your Skin

Your skin works hard to defend your body from external elements. Return the favor by treating your hard working defender to some tender loving care and pampering. Through June 30, 2019, take advantage of the current specials available at [Bronson Skin Care & Cosmetic Laser Center](#) in Portage:

- **Purchase a laser hair removal bikini treatment, and receive underarms for free**
- **Back laser hair removal, reduced price of \$250**
- **20% off all sunscreen (dads receive 30% off!)**

Individual offers cannot be combined with other sales, promotions, discounts or coupons.

Downtown Wednesday Workouts

This summer, the Kalamazoo Downtown Partnership is hosting a series of workouts at the Arcadia Creek Festival Place every Wednesday. Join Barb and Meg to kick off the series on Wednesday, June 5 at 5 p.m. They will be leading a FREE GRIT class.

Body Composition Analysis Available

Take your health and fitness to the next level with a body composition analysis at [Bronson Bariatric and Metabolic Specialists](#). For only \$31, you can determine your energy needs, muscle mass, body fat percentage and more.

This service is available to both patients and non-patients of Bronson Bariatric and Metabolic Specialists. Call (269) 341-8900 to make an appointment.

If you participate in [personal training at the BAC](#), bring your analysis results to review with your trainer.

Not training at the BAC yet? Sign up for the Intro to Personal Training program and get three 60-minute sessions for \$99. Stop by the service desk or email Sarah at onderlis@bronsonhg.org to get started.



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.
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.
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 July 8 to August 12

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 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. **Registration required.** Stop by the service desk or call (269) 544-3200 to register.

WHEN Weeks of June 3 to July 15
Mon./Fri., 10:30 to 11 a.m. or
Tues./Thurs., 5:45 to 6:15 a.m.

COST Member, six-week session:
\$150 new participant, \$125 returning participant
Non-member, six-week session: \$200

Upper Body Training

Join Jeremy on the gym floor for a 45-minute workout that will work your entire upper body. **No registration required.** Talk to Jeremy or email mutchlej@bronsonhg.org with questions.

WHEN Thursdays, 9:15 to 10 a.m.
COST Members only: \$15 per week (pay as you go)

Women & Weights

Ladies, this strength training program is for you! Learn to feel more confident on the strength training equipment. **Registration required.** With questions or to register, talk to Jeremy or email mutchlej@bronsonhg.org.

WHEN Weeks of July 8 to August 12*
Beginner workshop: Tuesdays, 9 a.m. or Wednesdays, 6 p.m.
Advanced program: Wednesdays, 5 p.m. or Thursdays, 8 a.m.
COST Members only, 6-week session: \$90 (or pay as you go, \$15 each week you attend)

* Current session underway. Join any time and pay only for the weeks you attend.

BRONSON HEALTHCARE EVENTS

Parkinson's Support Group

A place to share information, experiences and emotional support. Supportive friends and family are also welcome. With questions or for more information, contact the Bronson Neuroscience Center at (269) 341-7500.

WHEN Second Tuesday of every month
WHERE Friendship Village in Kalamazoo
COST Free

See a Doctor Online 24/7

When you're feeling sick, you don't want to wait for an appointment. Especially when you can see a doctor right away with a BronsonConnect Video Visit using your phone, tablet or computer for \$59 or less per visit. Visit bronsonhealth.com/videovisit to download our app and get the care you need now.

