

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

July at the BAC

4th of July

Club hours: 7 a.m. to 1 p.m.
Youth center and deli closed.
Youth center will be open 8 a.m.
to 2 p.m. on July 5.

BAC - Downtown will close at 5 p.m.
on Wednesday, July 3, and will reopen
with normal hours on Monday, July 8.

Pro Shop Special

Dress it up this summer

In July, get 20% off all in-stock dresses.
Dresses already on clearance are eligible
for the additional discount.

Deli Special

Cool off this summer with a
frozen frappe! This creamy blended
coffee drink is made with our cold brew
Water Street coffee. Available with
vanilla or chocolate flavor for \$5.



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



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

Refer a Friend to the Club – You Both Win!

Know someone thinking about joining the
BAC? Make sure they mention your name
when they purchase a membership. They
will receive a discount on initiation fees,
and you can choose one of the following
free thank you gifts:

- One-hour massage
- Intro to personal training package
- 10 guest passes

New Fascia Barre Small Group Training Program

If you want to strengthen your hips, improve
lower body stability, increase mobility and
tone your whole body, you need to give
Fascia Barre a try! This small group training
program is offered on Tuesdays from 10:30
to 11:30 a.m. Cost is \$15 per session, and no
commitment or registration required. Learn
more at bitly.com/BACsmallgroup.

Fresh, New Breakfast Idea

Looking for a new breakfast (or snack)
recipe that tastes great and will keep you
full? Give this avocado toast a try! For
a printable recipe card and to see more
recipes from Bronson's nutrition experts,
visit bronsonhealth.com/nutrition.

Avocado Toast

Ingredients

- 2 slices whole grain bread
- 1 medium avocado
- Squeeze of fresh lemon or lime juice
- 1 cup multicolored tomatoes, chopped
- 2 ounces soft goat cheese or ricotta
- 2 teaspoons olive oil
- Freshly ground black pepper
- Optional: sea salt



NEW! Women-Only Drop-In Basketball Games

Ladies – are you looking for something fun
to do on Thursday evenings? Stop by the club
for a [women-only game of pick-up basketball](#).
Games will run from 6 to 8 p.m. and are
fun and lightly competitive. Free and no
registration/commitment required.

Reservations in the Youth Activity Center

The youth activity center is the perfect
place for your kids to play while you get
in a great workout. Reservations are now
only required for children 18 months and
younger (previously two years and younger).
Learn more about the youth activity center,
including hourly fees, activities available and
more on the [“Amenities and Services” page of
bronsonathleticclub.com](#).

Directions

1. Toast bread.
2. As bread toasts, in a small bowl
rough-mash avocado with a fork.
Add a squeeze of lemon or lime juice.
3. Spread cheese onto toast slices.
4. Spread avocado on top of the cheese,
then top with chopped tomatoes.
5. Drizzle one teaspoon of olive oil onto
each slice of toast.
6. Grind fresh black pepper on top and
sprinkle lightly with sea salt as desired.

Summer Laser Hair Removal

Through July 31, 2019, at [Bronson Skin Care
& Cosmetic Laser Center](#), if you purchase a
bikini laser treatment you get your underarms
done for free. Individual offers cannot be
combined with other sales, promotions,
discounts or coupons.

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

Women's Drop-In Basketball

Free for members. Stop by for a fun, lightly-competitive basketball game for ladies only.

WHEN Thursdays, 6 to 8 p.m.

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 22
LESSON COST Members: \$60; Non-Members*: \$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

Fascia Barre

Combine myofascial release with barre exercises for a total body workout that will improve lower body stability and mobility, while toning your whole body. **No registration required.** Talk to Jeremy or email mustchlej@bronsonhg.org with questions.

WHEN Tuesdays, 10:30 to 11:30 a.m.
COST Members only: \$15 per week (pay as you go)

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 July 22 to August 26
Mon./Fri., 10:30 to 11 a.m. or
Tues./Thurs., 5:45 to 6:15 a.m.

COST Member, 6-week session: \$150 new, \$125 returning
Members can also pay as they go, \$15 per class attended.
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 proper techniques and 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 time you attend)

BRONSON HEALTHCARE EVENTS

Freshstart Smoking & Tobacco Cessation

A program from the American Cancer Society, prepare to quit using tobacco. Held in a classroom format, you'll receive professional assistance, group discussions, tips and encouragement from other smokers. Learn more at bronsonhealth.com/classes. Free.

WHEN Tues./Thurs., July 9 to 18, 4 to 5 p.m.
WHERE Gilmore Center on Bronson Methodist Hospital North Campus