

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Upcoming at the BAC

Labor Day Hours

Monday, September 2
Club hours: 7 a.m. to 1 p.m.
The BAC – Downtown will close at 5 p.m. on Friday, August 30 and reopen on Tuesday, September 3 with new club hours (see article below).

Pro Shop Special

Dive into Savings

Valid through August 31, take 30% off all in-stock swimsuits.

Club Services Announcement: Massage Therapy and Mobility Training

We have made the decision to remove massage therapy from our list of available services.



In an effort to continue providing options to help you improve mobility and reduce pain, we now offer mobility training. Through August 31, purchase your first 60-minute mobility training session for only \$40.

What is mobility training? Using specific, targeted exercises, it helps improve range of motion and alleviates tight, sore muscles. With a personal trainer, you'll complete exercises like foam rolling, mobility drills and light stretching. The physical results of mobility training are similar to massage therapy. To learn more or to sign up for mobility training, stop by the service desk, call (269) 544-3200 or email Sarah at onderlis@bronsonhg.org.

Annual Pool Renovations Happening This Month

The pool will close at noon on Saturday, August 17 and will reopen at 5 a.m. on Monday, September 9. During this time, we will be making necessary repairs and deep cleaning the entire pool area. This maintenance is an important part of keeping our pool working properly throughout the year.

At the same time, repairs will be made in the women's locker room shower area to help stop the water from pooling around drains. Some showers may be temporarily unavailable. However, the entire locker room will remain open and fully functional.

Reformer Pilates Sessions Available

Reformer Pilates is a low-impact workout that helps improve strength, mobility, balance, flexibility and posture. Rem, our new Reformer Pilates instructor, has class openings on Tuesday/Wednesday mornings and Tuesday evenings. Plus, she is available for private sessions upon request. Call the service desk for details or to sign up. Learn more on the “Fitness Facilities and Programs” page of bronsonathleticclub.com.

New Club Hours

After the Labor Day holiday, we'll be open during the following hours:

BAC – Elm Valley Drive

Mondays-Thursdays: 5 a.m. to 9 p.m.

Fridays: 5 a.m. to 7 p.m.

Saturdays-Sundays: 7 a.m. to 7 p.m.

BAC – Downtown

Mondays-Thursdays: 6 a.m. to 7 p.m.

Fridays: 6 a.m. to 5 p.m.

Personal Training: A Perfect Complement to Group Exercise

Squats. Lunges. Pushups. Planks. What do these exercises have in common? First, they are popular moves in many group exercise classes here at the BAC. More importantly, they are some of the most common exercises people perform incorrectly. And when done without proper form over time, they can cause minor aches and pains, or worse - an injury that requires surgery.

There's good news though! Learning how to move the right way can help prevent injury before it happens. Even better, when you move with proper form, you'll get the results you're working for faster.

Start moving better with the help of a personal trainer. Individual and group sessions are available and you can save by purchasing a BAC PAC personal training package. If you haven't worked with a BAC personal trainer yet, you qualify for the Intro to Personal Training program — three sixty-minute sessions for \$99 (a \$195 value).

To learn more about our personal training team, visit the “Personal Training” page of bronsonathleticclub.com or contact Sarah Onderlinde at onderlis@bronsonhg.org.

Refer a Friend, Get a Free Gift

If you know someone who is thinking about joining the BAC, make sure they mention your name as a referral. They will receive a discount on initiation fees, and you can choose one of the following thank you gifts:

- 30-minute mobility session, OR
- Intro to Personal Training package (*those who have never personal trained at the club*) or a 60-minute personal training session, OR
- 10 guest passes

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 September 16 to October 28

LESSON COST Members: \$60

TEAM COST (varies based on class and level): \$70-\$75

Non-members who want to sign their child(ren) up for youth swimming may call (269) 544-3232 or email bac.aquatics@bronsonhg.org for available options.

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

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 or with questions.

WHEN Drop-in sessions available through August 30
New six-week session starting the week of September 16
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 pay-as-you-go option: \$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 class

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 September 9 to October 14

Wednesdays, 5 to 6 p.m.

Thursdays, 8 to 9 a.m.

COST Members only, 6-week session: \$90

Members pay-as-you-go option: \$15 per class attended

BRONSON HEALTHCARE EVENTS

Family Centered Education Classes

The nine months leading up to having a baby is an exciting time for families. It's also a time of change. To help growing families prepare, classes like Baby Basics, Boot Camp for New Dads, Grandparents 101, Prepared Childbirth, Starting Together Siblings, and Successful Breastfeeding are available. Visit bronsonhealth.com/classes to learn more.