

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Pro Shop Special

Dive into Savings

Valid through September 30, take 20% off all remaining OOfos brand sandals.

Deli Special

Chicken and Tuna Salad To-Go

Valid through September 30, save \$1 per pound of chicken or tuna salad.

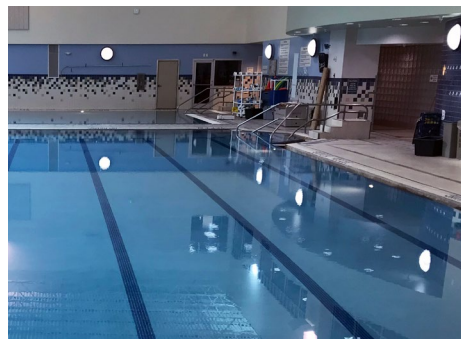
Follow Us On Social Media



facebook.com/bronsonathleticclub
instagram.com/bronsonathleticclub

Pool To Reopen After Maintenance

We're halfway through our annual pool cleaning and maintenance project. The pool will reopen on Monday, September 9. At that time, all water fitness classes, youth swim lessons and lap swim will resume. View schedules on the 'swimming and water fitness' page of bronsonathleticclub.com.



Win Two Tickets to the Kalamazoo Tweed Ride

Support year-round youth bike programs while having some old-time fun. On Monday, September 9, two BAC club members will win two FREE tickets to the Kalamazoo Tweed Ride, happening Saturday, October 5. To enter our drawing, email bac@bronsonhg.org by midnight Sunday, September 8. In the subject line, include "TWEED RIDE TICKETS."

Participants will take a glorious slow roll 4.5-mile bike ride through the city of Kalamazoo, ending in a big, old-timey party. For the cycling enthusiasts, a 26-mile ride beforehand is also available.

Learn more about the event or purchase your own tickets at openroadsbike.org/tweed-ride.

New Monday Night Barre & Extended Childcare Hours

Starting September 9, Stephanie will be teaching Barre in Studio 1 from 6:30 to 7:30 p.m. The youth activity center will remain open until 7:30 p.m. on Mondays so your kids can have fun, too, while you enjoy your workout. View the full group exercise schedule anytime at bitly.com/BACGroupEx.

New Club Hours

Please notice the update to Friday hours since the August newsletter was released.

BAC - Elm Valley Drive

Mondays-Fridays: 5 a.m. to 9 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.

Running in the Bronson Children's Hospital 5K?

Let our nationally certified personal trainers get your body ready.

- **Mobility training:** *if you're feeling tight or sore and need to stretch your body for better performance*
- **Personal training:** *if you want to work on cross training exercises so you're feeling your best by Sept. 29*

- **Small group training:** *if you need to get your body into better shape so you're ready to race*

Learn more at bitly.com/TrainBAC.

To sign up for a training program, call (269) 544-3200 or email Sarah at onderlis@bronsonhg.org.

We Run on Positivity!

Join us Sunday, September 29, 2019 at our 5K Run & Walk to support Bronson Children's Hospital.

Fun activities from 9 a.m. to noon
Run & Walk begins at 10 a.m.

Located at Bronson Methodist Hospital parking lot on the corner of John and Lovell streets.

To register, visit:
bronsonhealth.com/RunWalk
Email: healthfoundation@bronsonhg.org
Phone: (269) 341-8100



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 Wednesdays or Saturdays, Sept. 12 to Oct. 19
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. Once the pool reopens after annual maintenance, join BAC swim coach Becca for a lap swim workout designed to improve form and endurance. No registration required.

WHEN Resuming September 15, 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 Weeks of September 16 to October 21
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. or
Thursdays, 8 to 9 a.m.
COST Members only, 6-week session: \$90
Members pay-as-you-go option: \$15 per class attended

SAVE THE DATE: Third Annual Fall Fit Fest – Let's Glow Crazy

Fall Fit Fest is back the weekend of October 18-20. This year, the event has a new twist! In addition to a weekend of 30-minute express group exercise classes, a Friday night glow-in-the-dark party will be held, featuring music, healthy snacks and refreshments, and more. Keep an eye out for a class list and other information in the coming weeks.