

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Pro Shop Special

Valid through October 31, save \$6 on in-stock crew neck sweatshirts with the BAC logo (originally \$23.90, now \$17.90). Limited colors and sizes while supplies last.

Deli Special

Pumpkin Spice Espresso

Stop by the deli for a fall-inspired espresso drink.

Follow Us On Social Media



facebook.com/bronsonathleticclub
instagram.com/bronsonathleticclub

Use, Don't Lose, Your Wellness Dollars

The end of the year is going to be here before we know it. If you receive Wellness Dollars from your employer, now is the time to make appointments for eligible BAC services, like personal training, small group training, mobility training and more. To see if a program or service is eligible for Wellness Dollars, talk to a member of the service desk.

Refer a Friend, Get a Gift

Know someone who is thinking of joining the BAC? Make sure they mention your name as a referral! They'll get a discount on initiation fees, and you can choose one of the three thank you gifts: a 60-minute mobility training session, a 60-minute personal training session (or Intro to Personal Training package for new clients), or 10 guest passes.

Third Annual Fall Fit Fest — Let's Glow Crazy

Our group exercise team is excited to host the third annual Fall Fit Fest. The weekend of October 18 will kick off with group exercise classes on Friday and the evening will conclude with a glow in the dark dance party, complete with a fresh snack bar! More group exercise classes will continue all weekend, along with extended childcare hours and deli specials. Stop by for one activity or stay for several. You'll leave feeling motivated and inspired to reach your fitness goals.

The event is free for all members. Weekend guest passes are available for \$25. If your



guest decides to join the club following the event (by October 31), their guest fee will be applied to their initiation fee. And you'll get a referral gift! [Learn more and see the event lineup now.](#)

Don't Let Sitting Keep You Down

Sitting at your desk. Sitting on your computer. Sitting on your phone. Sitting in the car. Does this sound like your day-to-day life? According to research, the average American sits 6.5 hours per day — with commuters and those who work office jobs far exceeding that number. Unfortunately, sitting for long hours can lead to health concerns, including achy backs, sore hips and tight glutes, and an increased risk of heart disease and obesity. There is good news, though! Our team of nationally certified personal trainers can help you combat the effects of sitting.

A personal trainer can help you:

- Perform daily exercises to help reduce pain and increase range of motion
- Identify dangerous body alignment
- Address spine alignment and trunk stability
- Learn to walk, hinge and squat properly
- Create strategies to transform your workspace

Whether your goal is to maximize performance, lose weight or simply live pain-free, working with a personal trainer can help you make positive changes in your life. Learn more on the '[Personal and Small Group Training](#)' page of [bronsonathleticclub.com](#).

Why is the Group Fitness Schedule so Colorful?

As a club member, you have access to over 90 free group exercise classes every week. With so many options to choose from, we want to make it as easy as possible for you to find the right class for you and your schedule.

According to the Department of Health and Human Services, adults should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of both.

Take a look at the group exercise schedule, available on the '[Group Exercise](#)' page of [bronsonathleticclub.com](#). Work toward the Department of Health and Human Services recommended guidelines by combining classes from the various colors (**STRENGTH**, **CARDIO**, **MIND/BODY** and **SERIOUS WELLNESS**) to build a balanced workout plan that fits your goals.

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) 544-3232 or talk to a representative at the service desk.

WHEN Wednesdays or Saturdays, October 23 to December 14
**no class the weeks of Halloween or Thanksgiving*

LESSON COST \$60

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

Non-members interested in private lessons 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

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 October 28 to December 9

Mon./Fri., 10:30 to 11 a.m. or

Tues./Thurs., 5:45 to 6:15 a.m.

**no training the week of Thanksgiving*

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. **No registration required.** With questions, talk to Jeremy or email mutchlej@bronsonhg.org.

WHEN Weeks of October 28 to December 9

Wednesdays, 5 to 6 p.m. or

Thursdays, 8 to 9 a.m.

**no training the week of Thanksgiving*

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

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

Sick Happens

Beat Bronchitis. Fight the flu. Say goodbye to sinusitis. When you're really sick, you want to see a doctor right now. With a BronsonConnect Video Visit, you can see a doctor online 24/7 using your smartphone, tablet or computer. Anyone can use BronsonConnect, regardless of if you're established with a Bronson primary care provider. Visits are \$59 or less, depending on your insurance coverage. To download the app and be prepared when sick happens, visit bronsonvideovisit.com.

