

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

November at the BAC

Thanksgiving Hours

BAC – Elm Valley Dr.
Thurs. Nov. 28, 7 a.m.-1 p.m.
Fri. Nov. 29, 7 a.m.-9 p.m.

BAC – Downtown
Wed. Nov. 27, 6 a.m.-5 p.m.
CLOSED Thurs. Nov. 28
& Fri. Nov. 29

Pro Shop Special

Brighten up your fall wardrobe!
All scarves are 20% off
through Nov. 30.

Follow Us On Social Media



facebook.com/bronsonathleticclub
instagram.com/bronsonathleticclub

Get Your Holiday Punch Cards Now

Do you have friends or family coming to town this holiday season? Stock up on holiday guest passes so they can join you during your workouts! Members can purchase holiday guest passes between Nov. 15 and Dec. 31, 2019. Passes will be sold in quantities of two (\$25), four (\$45) or six (\$60). All passes are valid for 60 days after purchase. No extensions, refunds or replacement passes will be provided.

To purchase passes, talk to a membership representative Mon.-Thurs., 8 a.m.-8 p.m.; Fri., 8 a.m.-6 p.m.; Sat., 9 a.m.-4 p.m.; or Sun., 11 a.m.-5 p.m. For more information, contact a membership representative at (269) 544-3200 or heurinj@bronsonhg.org.

Welcome Our New BodyPump Instructor

Welcome to Kelly McWhinnie, our new group exercise instructor. You can meet her at the 9:30 a.m. Saturday BodyPump class.

“I love teaching people how and why to be physically active. I taught health and physical education for 15 years before taking a position with Gull Lake Virtual Partnership. I have been teaching Body Pump for four years and have the same passion for it as when I started. Always remember: *If you want change, make some.*”



Kelly McWhinnie

Zucchini Burrito Boats

Next Taco Tuesday, give this healthier, fall-inspired meal a try. For three zucchini boats, you're packing in 22g of protein and 7g of fiber with only 324 calories. Download the full recipe at bitly.com/BronsonZucchiniRecipe. Find more recipes from Bronson's team of nutrition experts, on the “Education” page of bronsonhealth.com/nutrition.



With lots of protein, zucchini burrito boats are a healthier meal to try.

Knee Pain Got You Down?

Don't let it! Did you know your knee pain could be a result of incorrect functional movement patterns, caused by tight or imbalanced muscles? If not addressed, these incorrect movements can cause serious injury. Let one of our nationally certified personal trainers help you find relief and continue to do your regular activities free from knee pain.

When you work with one of our nationally certified personal trainers, they will evaluate your movement patterns and help you restore correct knee function and normal range of motion. 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 at bitly.com/BACMobility.



Our nationally certified personal trainers can help you move better with less pain.

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, 5-8 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, 5-7 p.m.
Wednesdays, 6-8 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, 7-9 p.m.
Wednesdays, 4-6 p.m.
Fridays, noon-2 p.m.
Sundays, 10 a.m.-noon

Women's Drop-In Basketball

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

WHEN Thursdays, 6-8 p.m.

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.

Take Your Health & Fitness to the Next Level with Body Composition Analysis

Get 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. Call (269) 341-8900 to make an appointment.

If you participate [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.



SMALL GROUP TRAINING

GRIT

Combine strength, plyometric and cardio workouts 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 ask questions.

WHEN Weeks of October 28 to December 9*
Mon./Fri., 10:30-11 a.m. or
Tues./Thurs., 5:45-6:15 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, 6-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, 9:15-10 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.** If you have questions, talk to Jeremy or email mutchlej@bronsonhg.org.

WHEN Weeks of October 28 to December 9*
Wednesdays, 5-6 p.m. or
Thursdays, 8-9 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

BRONSON HEALTHCARE

Find more classes and support groups led by Bronson's health experts at bronsonhealth.com/classes.

Alzheimer's Caregiver Support Group

Are you a caregiver for someone with Alzheimer's? This group is a safe place to share and receive information, experiences and emotional support. The group meets the third Wednesday of every month. Questions? Call Lisa at (269) 657-1595.

WHEN Wednesday, Nov. 20, 6:30-8 p.m.
WHERE Bronson LakeView Hospital, lower level classroom
COST Free

Parkinson's Caregiver Support Group

Are you or a loved one living with Parkinson's Disease? Join us to give and receive information, experiences and emotional support. This group meets the second Tuesday of every month. If you have questions, call Karen at (269) 341-7500.

WHEN Tuesday, Nov. 12, 4-5:30 p.m.
WHERE Friendship Village, 400 N. Drake, Kalamazoo
COST Free