

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

December at the BAC

Holiday Hours

BAC – Elm Valley Dr.

7 a.m. to 1 p.m. on Christmas Eve,
New Year's Eve & New Year's Day;
CLOSED Christmas Day

The **Youth Activity Center** will be closed on Christmas Eve and New Year's Day. It will be open from 8 a.m. to noon on New Year's Eve.

BAC – Downtown

CLOSED Christmas Eve,
Christmas Day, New Year's Eve
& New Year's Day

Pro Shop Special

20% Off BAC Apparel

During December, receive 20% off all BAC logo items with an orange sticker. Hurry in for the best selection!

Deli Special

Peppermint Coffee

Stop by for a hot cup of peppermint coffee, available only this winter. Also during December, save \$1 on all lattes, mochas and espressos.

Use, Don't Lose, Your Wellness Dollars

Bronson employees – if you have wellness dollars remaining, make sure to use them before the end of the year! They do not roll over into the new year. You can use wellness dollars as reimbursement for club services like personal and small group training, as well as monthly dues.

Holiday Guest Passes Available Through 12/31

Do you have friends or family coming to town for the holidays? Stock up on holiday guest passes so they can join you during your workouts! Passes are available 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.

Holiday guest passes can be purchased at the service desk. For more information, contact a membership representative at (269) 544-3200 or email heurinj@bronsonhg.org.

Winter Weather Class Policy

Winter in west Michigan means lots of snow! When conditions are extreme, it may be necessary to cancel club programming. Our policy for class cancellations is:

- If Kalamazoo Valley Community College has a snow day, all group exercise, youth swimming and water exercise classes will be cancelled until noon. A decision on afternoon classes will be made by 11 a.m. and posted on bronsonathleticclub.com and Facebook.
- Trainers will determine whether or not small group training programs will be cancelled. If cancelled, they will contact all regular participants. If you plan to drop in for a small group session when KVCC is closed, please call the club first, or check Facebook or our website.
- Clients and trainers will make a decision together on whether to cancel a personal training session during extreme weather.

We typically do not close due to the weather. But if we need to do so for the safety of members and staff, we will notify you on our Facebook page and website, as well as by email.

Virtual Les Mills COMING SOON!

We announced earlier this year that we're partnering with Les Mills to offer virtual group exercise classes, in addition to our normal group exercise classes. The time has come! By the end of the month, we hope to have all projectors and equipment delivered. In January, we will install all equipment in the Cycle Studio and Studio 1.

Once installed, on-demand virtual Les Mills classes will be available every day. This will not change the current group exercise schedule. We will continue to offer the 85+ weekly classes you have come to love. These new virtual classes will provide additional opportunities to attend classes – particularly during the slower mid-afternoon and late evening hours. Virtual classes will also help us eliminate the need to cancel classes due to instructor availability or winter weather.

At this time, we will be offering the following classes virtually: SPRINT, RPM, BodyPump, Barre and Tone.

Keep an eye out in the coming weeks for more details and class schedules. With questions, talk to Jill or email thompjil@bronsonhg.org.



TRY A GRIT WORKOUT!

The current 6-week session of GRIT ends the week of December 9. A new session will begin in January. In the meantime, stop by and give a workout a try! Demo sessions will be available for \$10 during the week of December 16.

- Monday, Dec. 16, 10:30 a.m.
- Tuesday, Dec. 17, 5:45 a.m.
- Thursday, Dec. 19, 5:45 a.m.
- Friday, Dec. 20, 10:30 a.m.

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.

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; weeks of January 13 to February 17

LESSON COST \$60

TEAM COST Junior team \$70; Senior team \$80

Non-members interested in private lessons may call (269) 544-3232 or email bac.aquatics@bronsonhg.org for available options.

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 January 6 to February 10
Mon./Fri., 10:30-11 a.m. or
Tues./Thurs., 5:45-6:15 a.m.

COST Member, 6-week session: \$150 new, \$125 returning
Members pay-as-you-go option: \$15 per class attended
Non-member, 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. **No training on December 26 or January 2.**

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 January 6 to February 10
Wednesdays, 5-6 p.m. or
Thursdays, 8-9 a.m.
COST Members only: 6-week session: \$90
Members pay-as-you-go option: \$15 per class attended

Commit To Be Fit!

Around 80 percent of people give up on their healthy New Year's Resolutions by February. Make a commitment this year to be fit and well, and reach your goals!

If you've never worked with a BAC trainer, you are eligible for the [Intro to Personal Training package](#) – three 60-minute sessions for \$99.

Already working with a trainer? Commit to twelve or more sessions with a BAC PAC. This training package saves you 10 percent on each training session. Learn more about personal training on the ['Personal and Small Group Training' page on bronsonathleticclub.com](#). Email Sarah at onderlis@bronsonhg.org if you have questions or to get started.

