

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## Pro Shop Special

### 20% Off Dresses

Start the new year off in style.  
Sale valid on in-stock items only  
during the month of January.

## Online Payments Available

Last month, we launched an online payment option. You can now pay your monthly dues, personal training fees, Pro Shop and deli charges, and more on the [BAC Member-Only Portal](#). To log into the portal, visit [bronsonathleticclub.com](http://bronsonathleticclub.com) and click the “Member Login” button (in the right panel on desktop computers or the bottom of the page on a cell phone or tablet). Once you’ve logged in, go to the “Member Statements” section to view current charges or make a payment.



You can also make monthly payments with EFT auto payments or by writing a check or paying in cash at the service desk. With questions, talk to a membership representative.

## February 1 Dues Increase

2019 was a year of improvements at the BAC! Aside from many required building repairs, we launched Virtual Les Mills, converted the old paddleball court into the Sports Performance Zone, and more. This year, we’re planning even more improvements based on your feedback – including a new space for TRX training.

Effective February 1, primary member monthly dues will increase by \$4 (\$2 for primary charter members), first associate monthly dues will increase by \$2 and additional associate monthly dues will increase by \$6. The cost increase allows us to continue providing you with a state-of-the-art fitness experience.

## Fire & Ice: January 10-12

Join our fitness team and kick off a healthy 2020! The event will feature FIRE and ICE activities, including:

- Group exercise classes
- Reformer Pilates demos
- Mobility Training demos
- GRIT demo

Additionally, the deli will be offering free energy bombs with every purchase of \$5 or more, and the Youth Activity Center will be open with extended hours.

View event details at [bitly.com/BACFireIce](http://bitly.com/BACFireIce).



## New Year, New You: Make a Change That Will Last

Exercise more. Eat better. Lose weight. Do you find yourself making the same New Year’s Resolution year after year? Let our nationally certified personal trainers help you get that resolution off repeat.

When you work with a personal trainer, you’ll start from the ground up — working to improve the way you move. Once you improve your form and start moving correctly, coming to the gym to workout

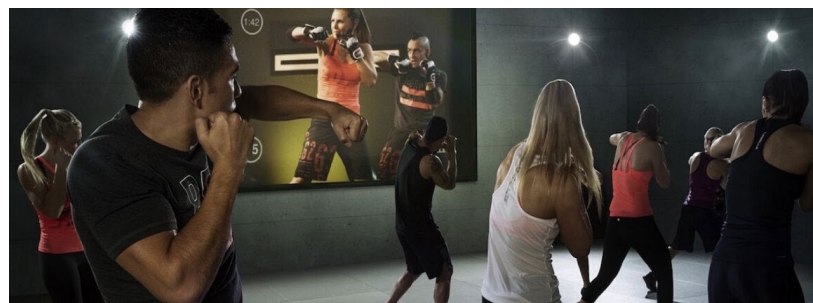
will be easier, and each exercise you do will be more effective.

Make 2020 “your year”! Learn more about personal training at [bronsonathleticclub.com](http://bronsonathleticclub.com). To purchase an Intro to Personal Training (new BAC training clients) or a BAC PAC (training package for current clients), email Sarah at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org) or stop by the service desk.

## Virtual Classes: More Options to Fit Your Busy Schedule

Installation of the Les Mills™ virtual equipment is complete in Studio 1 and the Cycle Studio! Keep an eye out around the club and on [bitly.com/BACVirtual](http://bitly.com/BACVirtual) for the virtual class schedule. If you see a virtual class happening, stop in and see what it’s all about!

Virtual classes are not a replacement for [in-person group exercise classes](#), but rather provide additional opportunities for you to enjoy a pre-designed, effective workout at times when standard group exercise classes are not scheduled – like in the mid-afternoon or later in the evening.



## 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 Weeks of January 13 to February 17,  
Wednesdays or Saturdays, times vary

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](mailto:bac.aquatics@bronsonhg.org) for available options.

### Wednesday Evening Aqua Zumba is Back

Stop by the pool every Wednesday from 6 to 6:45 p.m. for a fun, low-impact pool party! View the [pool schedule](#) on the "Swimming at Water Fitness" page of [bronsonathleticclub.com](http://bronsonathleticclub.com) for class 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 13 to February 17  
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

Drop by 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](mailto: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 technique and feel more confident on the strength training equipment. **No registration required.** If you have questions, talk to Jeremy or email [mutchlej@bronsonhg.org](mailto:mutchlej@bronsonhg.org).

WHEN Thursdays, January 9 to February 13, 8-9 a.m.

COST Members only: \$15 per class

## WEIGHT LOSS

### First Steps to Change

This program is designed for anyone looking to lose 100+ pounds. In a comfortable and non-intimidating environment, learn some simple exercises that can have a big impact when trying to lose weight, move better and improve your overall wellbeing. [Learn more now.](#) If you have questions or to register, email Sarah at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org) or call (269) 544-3200.

WHEN Mondays/Wednesdays, 6-6:30 a.m. or 6-6:30 p.m.

COST \$99 (Bronson employee wellness dollar reimbursable)

### Parkinson's Exercise at the BAC

Do you or someone you know have Parkinson's Disease? Jeremy and Jeff, nationally certified personal trainers, lead a class twice per week to help those living with Parkinson's manage disease symptoms and delay progression. For more details or to join the program, contact Sarah at [onderlis@bronsonhg.org](mailto:onderlis@bronsonhg.org) or call (269) 544-3200.

*"When I was diagnosed with Parkinson's I was not doing well. But thanks to Jeff and Jeremy, I have come a long way."*

Visit [bitly.com/BACMikeCoach](http://bitly.com/BACMikeCoach) to read how our Parkinson's Exercise class helped Mike "Coach" McGuigan manage his Parkinson's and continue living life to the fullest.

FREE  
GRIT Demos:  
Week of Jan. 6  
Drop in for a free week  
of GRIT workouts!  
No registration  
needed.