

# THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

## February at the BAC

### It's National Heart Month!

We're proud of all our members for prioritizing a healthy body and strong heart! We look forward to seeing you for your next workout.

### Pro Shop Special

During the month of February, all in-stock fitness apparel is 25% off! Stop by the Pro Shop early for the best selection of yoga pants, t-shirts, athletic shorts and more.

## Congratulations to our Fire & Ice Winners!

Three cheers for everyone who participated in last month's Fire & Ice fitness event! Classes were packed and left us feeling inspired to help you reach your fitness goals. Over 100 of you completed at least two FIRE and two ICE activities. Congratulations to the lucky four who were drawn as prize winners! Winners include:

- **GRAND PRIZE** (Trek Fat Tire Bike):  
**Patty Kenter**
- Three Personal Training Sessions:  
**Steve McAnelly**
- Three Mobility Training Sessions:  
**Kerri Carpenter**
- Three Reformer Pilates sessions:  
**Melissa Mickelson**



## Get Back Up

How often do you sit on the ground? If you're like many Americans, probably not often. This also means you are probably missing out on a very important type of movement – getting back up off the ground with little to no support.

Getting up and down from the ground without support takes mobility, strength, power and coordination. And, the way you make this movement can tell a lot about how efficiently you move and your ability to comfortably perform basic daily activities.

Want to work on your movement patterns? Sign up for mobility training with one of our nationally certified personal trainers. If you have never met with one of our trainers, you can purchase our Intro to Personal Training package – three sessions for \$99. Learn more about mobility training at [bitly.com/BACMobility](http://bitly.com/BACMobility).

## SAVE THE DATE: 2020 BACyard Games — Weekend of March 27

Join our fitness team for a weekend of competition and fun. Keep an eye out in the next month for a full lineup of activities as well as registration details.

## Need a Heart-Healthy Snack for Your Super Bowl Party?

### Ingredients

- 15.5 oz. can of no-salt-added black beans
- 1 medium bell pepper, diced
- 1 small tomato, diced
- juice of 1 lime
- 3/4 cup frozen corn, thawed
- 1/2 cup red onion, diced
- 2 tablespoons cilantro, chopped
- 2 tablespoons cider vinegar
- 3 tablespoon extra-virgin olive oil
- 1 teaspoon minced garlic from jar

## Welcome New Instructors

**Janel Browning** has joined our group exercise team. She is a self-proclaimed “cardio-junky.” Aside from teaching group exercise classes, she also teaches kindergarten! When she has down time to relax and unwind, Janel enjoys reading and going to the movies with her family. See the full group exercise schedule at [bitly.com/BACgroupexercise](http://bitly.com/BACgroupexercise).



Janel Browning

**Alison Cole** is our newest Reformer Pilates instructor. She has been teaching Pilates for over 13 years and is excited to bring her knowledge and positivity to the BAC! [Learn more about Pilates](#), and call (269) 544-3200 to sign up for a private or group session.



Alison Cole

## Recently Added Group Exercise Classes

New on the free-to-member group exercise schedule (along with daily virtual classes):

- Tuesdays at 6:30 p.m. – SW Drumming
- Wednesdays at 7 p.m. – BodyFlow
- Fridays at 4:30 p.m. – BodyPump
- Fridays at 5:30 p.m. – BodyCombat (moved from 5 p.m.)

## Black Bean Salsa Servings: 6

Recipe courtesy of the American Heart Association.

### Directions

1. Toss all together and chill for at least one hour.
2. Serve with low sodium or unsalted tortilla chips.

### Nutrition Facts Per Serving (2/3 cup)

- Calories: 142
- Total fat: 2.5 g
- Saturated fat: 0.5 g
- Sodium: 11 mg
- Carbohydrates: 26 g
- Fiber: 5 g
- Protein: 6 g

## 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 February 24 to March 30,  
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.

## 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 February 24 to March 30  
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

## BRONSON HEALTHCARE EVENTS

### Smoking & Tobacco Cessation

The American Cancer Society's Freshstart Smoking Cessation program is a four-session group program designed to provide you with professional assistance, group discussions, tips and encouragement from other smokers. **Registration required.** Learn more at [bronsonhealth.com/classes](http://bronsonhealth.com/classes). To register, call (269) 341-7723.

WHEN Mondays/Wednesdays, February 3-12, 4-5 p.m.  
WHERE Bronson Gilmore Center, 7 Healthcare Plaza, Kalamazoo  
COST Free

### Free Car Seat Checks

Do you have kids who ride in a car seat or booster seat? Make sure they're in the correct one with a FREE Child Car Seat Check - available by appointment through Bronson Children's Hospital and Safe Kids Kalamazoo County. **Appointments are required.** To make an appointment, call (269) 341-6508. Learn more at [bronsonhealth.com/classes](http://bronsonhealth.com/classes).

WHEN By appointment only, 3rd Wednesday of the month, 4-7 p.m.  
WHERE Bronson Children's Hospital, 601 John St., Kalamazoo  
COST Free

### Blood Drive

Did you know that every two seconds, someone in the U.S. needs blood? Be someone who saves lives by donating blood with Versiti — Bronson's sole provider of blood.

**Monday, February 3, noon-4 p.m.**  
Gilmore Center, North Campus of  
Bronson Methodist Hospital

**Tuesday, February 11, 3:30-6:30 p.m.**  
Bronson Athletic Club



Save time and reserve a time-slot at [versiti.org](http://versiti.org).