

THE BAC CONNECTION

FITNESS • PERFORMANCE • HEALTH • FUN

Pro Shop Special

25% off in-stock sweaters and shawls
Valid between March 1 and 31,
while supplies last



Drop By For Any Small Group Training Program

Life gets busy. We want to make it as convenient and easy as possible for you to try new workouts, push your limits and get the most out of your BAC membership.

All small group training programs are now available on a drop-in basis — no need to register or commit to a six-week session. Drop in rate is \$15 per workout.

We're getting ready to launch a variety of new programs. Check out the 'Small Group Training' page of bronsonathleticclub.com for a list of available workouts.

Join Us for Competition and Fun

The 2020 BAC Games will be held the weekend of March 27. Friday evening will feature fitness-inspired activities and games on the gym floor. Group exercise classes, mobility training demos and Reformer Pilates sessions will also be available throughout the weekend. Learn more at bitly.com/2020BACGames.



Hit the Ground... Running?

Exercising has many benefits. Many immediately think of the physical health benefits, like staying fit and in shape, heart health and disease prevention. Others use working out as a form of self-care and stress management. Another benefit that cannot be forgotten, though, is improved bone health.

There are many reasons why it is important to have strong bones. They are the framework for our body and protect vital organs. They also play a role in creating blood cells and storing minerals. When our bones aren't strong, it can lead to fractures and breaks.

So what are the best exercises for bone health? Try heavy resistance training, like lifting weights or swinging kettlebells, or high impact workouts, like running, climbing stairs or dancing. Remember — every body is different. Our team of trainers is here to help you train correctly by slowly adding the right type and amount of heavy resistance training and/or high impact training to your workout routine. Learn more about our nationally certified personal trainers on the 'Personal Training' page of bronsonathleticclub.com. To get started, stop by the service desk or email Sarah at onderlis@bronsonhg.org.

Celebrate Nutrition Month With Lemon Basil & Tomato Zoodles

March is National Nutrition Month. Eating well is a key part of living a healthy lifestyle. For a fresh twist on pasta night, try

this zoodle recipe from Bronson's team of nutrition experts. Download this and other recipes at bronsonhelath.com/nutrition.

Lemon Basil and Tomato Zoodles (serves 4)

Ingredients

- 2 medium zucchini, washed and patted dry
- 24 cherry tomatoes
- 3 tablespoons olive oil
- 3 cloves fresh garlic, finely minced
- ½ fresh lemon, juiced
- 6-8 fresh basil leaves, chopped chiffonade-style
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2-4 tablespoons grated parmesan

Directions

1. Turn the zucchini into zoodles using a vegetable spiralizer. Place zoodles in a colander for 15 minutes to remove excess moisture.
2. Cut the tomatoes into quarters.
3. In a medium size bowl, combine the zoodles, sliced tomatoes, oil, garlic, basil, lemon juice, salt and pepper. Stir well to combine.
4. Let stand 30 minutes at room temperature to let the flavors set.
5. Add the grated cheese, stir again and serve. Will keep 1-2 days in the refrigerator.

Nutrition Information (per ½ cup serving)

134 calories, 11g fat, 2g saturated fat, 7g carbohydrate, 3g protein, 2g fiber, 121 mg sodium



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 April 6 to May 18
Wednesdays or Saturdays, times vary
(No classes on April 8 or 12)

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

Drop by for any small group training session. No registration is required. **Cost per workout is \$15.** For up-to-date program options, visit the '[Small Group Training](#)' page of bronsonathleticclub.com.

GRIT

Combine strength, plyometric and cardio workouts that will have you burning calories hours after your workout. \$15/workout.

WHEN Mondays/Fridays, 10:30-11 a.m. or
Tuesdays/Thursdays, 5:45-6:15 a.m.
(No classes on April 6-12)

Upper Body Training

Drop by the gym floor for a 45-minute workout that will work your entire upper body. \$15/workout.

WHEN Thursdays, 9:15-10 a.m.
(No class April 9)

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 others. **Registration required.** Learn more at bronsonhealth.com/classes. To register, contact Lisa Saunders at saunderl@bronsonhg.org or (269) 341-7723.

WHEN Tuesdays/Thursdays, March 3-12, 3-4 p.m.

WHERE Bronson Gilmore Center, 7 Healthcare Plaza, Kalamazoo

COST Free

Infant Massage

Infant massage can help regulate babies' sleep cycles, alleviate gas, colic and digestion. This class is intended for parents or caregivers along with their babies who are at least two weeks old and haven't started crawling. To learn more and register, contact Carolyn Call at calcc@bronsonhg.org or (269) 341-7521.

WHEN Monday, March 9, 10-11:30 a.m.

WHERE Bronson Athletic Club

COST \$40

New Youth Activity Center Weekend Hours

To make sure those of you with small children can make it to 8 a.m. weekend group exercise classes, early drop off is now available in the Youth Activity Center on Saturday and Sunday mornings.

New hours are:

- Mondays-Thursdays, 8 a.m. to 7 p.m.
- Fridays, 8 a.m. to 5 p.m.
- Saturdays-Sundays, 7:50 a.m. to noon