

# Workouts from the comfort of your home

COVID-19 has changed the way we go about our daily routines. And with cold and flu season quickly approaching, the team at Bronson Athletic Club is more committed than ever to helping you stay fit and well.

## Virtual classes start November 1

In addition to in-person group exercise classes held at the club, our instructors will also be sharing daily workouts on The BAC Pack Facebook group! 1-2 classes will be streamed each day, including options like:

- Serious Wellness
- BodyPump
- Cardio/HIIT
- BodyFlow

## Multiple membership options

Starting November 1, everyone who was a club member when we closed in March will be taken off freeze and moved back to a standard membership. If you would like to refreeze your account, you may do so for \$15 a month.

The BAC Pack Facebook group will be available exclusively to paying club members:

- **Standard club membership** – allows access to the club, as well as The BAC Pack Facebook group
- **BAC Pack membership** – (\$50 per month) allows access to The BAC Pack Facebook group

With questions about the BAC Pack membership, email Jill at [thompjil@bronsonhg.org](mailto:thompjil@bronsonhg.org).

To opt in for the BAC Pack membership, in lieu of the standard club membership, please email Tammy Williams at [williamt@bronsonhg.org](mailto:williamt@bronsonhg.org).

