

# The BAC Connection

workout and play in a new way

## Independence Day Holiday Hours

**Saturday, July 4**  
**7 a.m. - 5 p.m.**

We wish you a  
safe and fun holiday!

## Shoe Clinic

The BAC will be hosting a shoe clinic by Gazelle Sports on June 27, 2009 from 9 a.m. - 12 noon. For more information contact Carrie Hybels at Gazelle Sports.

## Tell Your Friends — Join the BAC in June for the Biggest Savings of the Year!

We are extending our traditional summer referral program (July & August) to include June, too. For each new member you refer this month, you receive one month of primary dues free. In addition, the new member you refer will pay only \$199 initiation fee and receive three months of primary dues free. Now is the time to encourage your friends, family members and co-workers to join the BAC.

We will be offering the member referral incentive throughout the summer to our members, but your friends and family will save the most by joining this month. Ask your friends to get started with you and the BAC today! Offer ends June 30. For more information, please stop by membership services. ●

## Join the Summer Fun at the BAC Kids Day Camp

You are probably aware childhood obesity is a major concern in the U.S. Building more physical activity into every day is a great start to fight obesity. It can help obese children become fit kids and create healthy habits for the next generation of adults. And the BAC can help.

The BAC Kids Summer Day Camp offers plenty of opportunities for your children to stay active this summer. Our day camp is available for children ages 6 –12 years for a day, a week or the entire summer. You can even invite your children’s friends to join in the fun, and non-members are welcome. Camp sessions run through the summer from 9 a.m. to 3 p.m. Childcare is also available before and after the session.

Contact the BAC service desk for more details and sign up today. ●



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## Leah Pillsbury

### Aquatics



Leah Pillsbury

When Leah Pillsbury was six years old, she started swimming. By age eight she was competing on a local swim team. Leah competed on the Loy Norrix High School swim team and Great Lakes Aquatic Club (both in Kalamazoo), then earned a spot on the team at Lawrence University in Appleton, WI. “I competed for two years at Lawrence,” Leah relates. “During summer breaks, I’d come home and work as a lifeguard and swim instructor at the Bronson Athletic Club.”

It was during those summer months that Leah came to an important decision. “I was pursuing an art degree at Lawrence but I wanted to do something different,” she recalls. Leah plans to finish her degree at Loyola University where she’ll major in Human Services with an emphasis in Peace and Conflict Resolution.

Teaching at the BAC helped in her decision about school. “I love working with people,” she says. “I encourage my students. I do a lot of engaging activities.” She teaches swimming to all levels and ages — from the youngest (six months) to adults honing their strokes for triathlons. “Swimming is great cardiovascular exercise,” Leah adds. “It’s easy on your joints and it’s excellent for kids.” Leah also helped coach the Bronson Swim Team adding, “Swimming on a team is enjoyable. You build friendships while you’re gaining skill and endurance. There’s nothing like working hard for something and then achieving it when you win a race or beat your time. It’s a thrill and a confidence booster.” ●

## Golf for a Cause: First Annual BAC Golf Outing

Come enjoy a fun filled day at our first ever golf outing. The package includes breakfast, all-American grill cookout lunch, prizes, 18 holes of championship golf including cart, range balls (warm up basket for each player), professional event services (cart staging, player identification and scorecards), choice of a logo ball or yardage guide and professional scoring.

Heritage Glen Golf Club will donate \$5 per head to the Bronson Health Foundation and the BAC will match the money raised.

Date: August 1, 2009  
Time: 8:30 a.m.  
Location: Heritage Glen Golf Club  
Cost: \$75 per person

Members and non-members are welcome. To sign up, call (269) 544-3200. ●

## INSIDE BRONSON

### Are You at Risk for Stroke?

Anyone can have a stroke regardless of age, sex or race and 80% of strokes can be prevented.

To find out if you’re at risk for stroke, go to [bronsonhealth.com](http://bronsonhealth.com) and click on Health Risk Assessments. In less than 10 minutes you’ll know your risk. It’s free and completely confidential. You’ll receive a free Personal Health Report that includes your specific risk factors and what you can do to improve your health. ●



John VanderWeerd, Southwest Michigan Racquetball Shootout Tournament Director (right), presents BAC General Manager Jim Reading with the 2008-2009 Racquetball Association of Michigan Club of the Year award.

## Pilates: Did You Know?

by MaryLynn Klement

Pilates is great for flexibility, posture and abdominal strength. But one of the most important benefits of Pilates is development of the mind-body connection. Pilates classes emphasize the proper movement, form and breathing for each exercise. A Pilates Reformer workout requires your full attention so you are not able to focus on your everyday stresses. The class is a workout and a short mental vacation, too.

To schedule an appointment with Sandy Timmermans, Rem Bridgford, MaryLynn Klement, MaryLynn Blanco, or Maureen Miller, call (269) 544-3200 ext. 259. And ask about the available matinee special offers. ●



**Maria Camacho, deli staff, prepared fresh guacamole and corn tortillas to celebrate Cinco de Mayo.**

## TRAINERS CORNER

### All about Abs

It's that time a year again when everyone wants to look their best in a swimsuit. First of all, the abdominals are an endurance muscle and should not be exercised daily. Like all muscle groups, you should allow 48-72 hours between workouts. You do not need to spend endless hours doing crunches in the club or gym. That is "overtraining."

When you train, you never work just one muscle group or just one joint. Your body doesn't move that way and it doesn't move in isolation. You should train the body the way that it moves. That means you should train the "whole body" — the upper body, lower body and the torso — simultaneously. This is called "integrated training."

Your body withstands a lot of stress in the course of performing daily activities. Seventy-five percent of your daily activity is spent in flexion, extension and side bending, twisting and turning (rotation), squatting (loading and unloading) and lifting objects (resistance), working in many different planes and directions.

#### What are the benefits of having a strong core?

By incorporating abdominal exercises into your routine twice a week, you will strengthen your core. A strong core will prevent injury, allow you to move easier in your routine daily activities, and execute movements better in your sports endeavors. And, you can get great looking abs with proper nutrition, rest and relaxation, and exercise. Short on time? Try doing a 20-minute circuit workout that incorporates strength and cardio exercises using one-minute interval stations.

For more information or some great abdominal workouts, contact Sheri Shon, group exercise director at (269) 544-3200, ext. 286, or contact your personal trainer. ●



**Sheri Shon  
BAC Personal Trainer**

### BAC Hosts FitFest July 18-19

BAC group exercise classes will be cancelled July 18-19 while the BAC host FitFest — a series of continuing education workshops for our group exercise instructors and personal trainers. By hosting this national event, the BAC staff continues to bring

members the best that the fitness industry has to offer!

For more information, contact Sheri Shon, group exercise director/Master Gliding™ Trainer at (269) 544-3200, or e-mail [shons@bronsonhg.org](mailto:shons@bronsonhg.org). ●

## Meet Alice Foster



Alice Foster  
and son John

For Alice Foster and her husband Todd (former and current research scientists in formulation development and project management at Pfizer), exercise is a natural part of everyday life. In fact, when Alice and Todd have a night out, it usually starts with a workout together at the BAC. "I've always been a member of some type of gym," Alice says. "To me there are two outstanding aspects of Bronson Athletic Club. The first is the people who work there. They are very professional, yet fun and unpretentious. Second, I appreciate the facility and how well it is maintained."

Over the years, Alice has utilized almost all areas of the club, especially since the arrival of the Foster's son John

**"We're there (at the BAC) so much — it's our home away from home."**

(age 3 1/2). "We're there so much — it's our home away from home," Alice laughs. "John takes the Gym Bug class as well as semi-private swim lessons. I've been really happy with Dave Bunt's upper body conditioning class and other classes like Zumba."

When a recent lower back injury posed a serious setback to her active lifestyle, Alice remained intentional and motivated while working with Bronson physical therapists. "I like the merging of physical therapy (Bronson Rehabilitation Services) with the BAC. When John was young, I threw my back out. Thanks to physical therapy and chiropractic care, I've been able to avoid surgery. I'm not perfectly pain

free, but it's much better. I've worked with personal trainers, too, including Jeremy Wheaton and Dave Bunt. I use different machines and the stretching balls. I'm focusing on strengthening those challenging areas related to my back and neck."

Alice adds, "The Deli at the BAC is pivotal for incorporating workouts into our schedule. We take advantage of meals or snacks there and their staff is great. When you're trying to decide whether to go home to eat, or to go the gym, your stomach usually wins. But since we can pick up something to eat before or after a workout, it makes it much easier to make the decision to get to the gym." ●

*- written by Kristine Wilkinson*

**Do you know a BAC member you'd like to nominate to be featured in the Member Profile column? If so, please contact Heather Jonas at (269) 544-3200.**



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### Bronson Athletic Club Staff

President . . . . .	Carl Porter
General Manager . . . . .	Jim Reading
Fitness Director . . . . .	Jeremy Wheaton
Group Exercise Director . . . . .	Sheri Shon
Membership Director . . . . .	Heather Jonas
Building Supervisor . . . . .	Mark Jones
Business Office Manager . . . . .	Mary-Elizabeth Bell
Aquatics Director . . . . .	Karen Sue Mackaluso
Pro Shop Manager . . . . .	Char Heckaman
Service Desk Manager . . . . .	Erin Westover
Deli Manager . . . . .	Trish Thomas-DeYoung
Programs Coordinator . . . . .	Kaitlin Johnson

### Club Hours

Monday – Friday . . . . .	5:30 a.m. – 10 p.m.
Saturday/Sunday . . . . .	7 a.m. – 9 p.m.

### Business Office Hours

Monday – Friday . . . . .	9 a.m. – 5 p.m.
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### Membership Office Hours

Monday – Thursday . . . . .	9 a.m. – 9 p.m.
Friday . . . . .	9 a.m. – 8 p.m.
Saturday . . . . .	10 a.m. – 6 p.m.
Sunday . . . . .	10 a.m. – 6 p.m.

### Youth Activity Center Hours

Monday – Thursday . . . . .	8:30 a.m. – 8 p.m.
Friday . . . . .	8:30 a.m. – 7 p.m.
Saturday . . . . .	8:30 a.m. – 4 p.m.
Sunday . . . . .	Noon – 4 p.m.