



Welcome to the January Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

## Happy New Year!



Happy New Year from your Bulldog Family!!!

## Current Membership Specials

**Yearly Memberships:** Looking for a way to save some money and truly benefit YOURSELF? A Bulldog Gym annual membership is for you! Our 12-month pre-pay membership is only \$360 and the \$30 sign-up fee is waived! That is a savings of \$90 from our month-to-month plan. All Bulldog Gym memberships include 24 hour access, group fitness classes and tanning!

[Join Now](#)

## Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM		RIDE N SCULPT		RIDE N SCULPT	SERENITY YOGA	
8:00 AM			YOGA			RIDE N SCULPT
9:00 AM			BULLDOG PUMP		BULLDOG PUMP	
10:00 AM	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA		
5:15 PM		TOTAL BODY FITNESS		TOTAL BODY FITNESS		
5:30 PM	SPIN ZUMBA		SPIN ZUMBA			
6:30 PM		SERENITY YOGA		SERENITY YOGA		

### Changes to Note:

- ~ Ride N Sculpt will be on Saturdays at 8:00am with Penelope starting 1/8.
- ~ Total Body Fitness with Suzy will be on Tuesdays/Thursdays with Suzy at 5:15pm starting 1/11.
- ~ Evening Group Cycle will begin 1/10.



### Group Cycle Is Back!!

Featuring Stephanie on Mondays and Clay on Wednesdays at 5:30pm.

## Retail

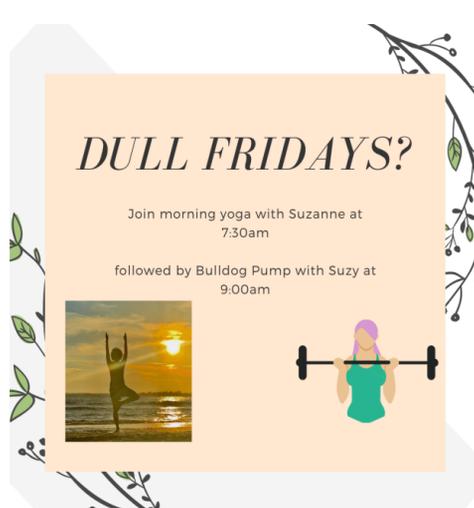
We are happy to announce that our affiliation with Eat Clean Bro! Eat Clean Bro offers fresh, all-natural healthy prepared meal delivery straight to your door! Members, feel free to specify delivery to the gym address for gym pickup if desired. We will keep your meals refrigerated until you can stop by the gym for pick up. The gym address is 533 Venture Court, Monticello, GA 31064.



Check out their meals by clicking the link button below. Use BULLDOG10 promo code to receive 10% off each order!

[Eat Clean Bro](#)

## Member Tips & Announcements



Are your Fridays dull? Spice it up with morning yoga with Suzanne at 7:30am followed by Bulldog Pump with Suzy at 9:00am.

## New Equipment Cleaning Instructions

We now have a new, easier and more environmentally-friendly method for you to wipe down and disinfect your equipment for the duration of your workout. Upon entering the gym, you'll now see a bucket with microfiber towels that have been soaked in an anti-bacterial/anti-viral solution. Please grab one of these towels and use it to wipe down your equipment during your workout and return it to the designated receptacle upon completion of your workout. Please see the front desk with any questions.

We really appreciate feedback from our members and friends. If you haven't responded to a recent survey, we would appreciate it if you click on the following button link and provide your input.

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**Contact Us At:**

[front.desk@bulldog24x7.com](mailto:front.desk@bulldog24x7.com)

[www.bulldog24x7.com](http://www.bulldog24x7.com)

533 Venture Court

Monticello, GA 31064

706-418-5901

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