



Welcome to the May Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Components of Fitness



It's important to look at your overall fitness level as a jigsaw puzzle. Strength, coordination, balance, endurance and agility are all equal pieces of a complete picture. That's why we strive to offer all the tools and classes needed to approach health holistically and to maximize your improvements. □

Member Spotlight



Tony Caldwell tells us what fitness and health mean to him below.

"Fitness has been a big part of my life for a long time. I enjoy feeling healthy and the other benefits of exercise. I make time for exercise even though I work a full time job. I wouldn't feel right if I missed, since it's been a discipline for a long time. I started working out while I was a teenager but got serious when I left the military in 1987. I enjoy meeting people that have the same zest for health and life. Our gym has a great group of people. I hope to continue working out well into my older years."

Current Membership Specials

JOIN OUR PACK

All of our plans include 24-hour gym access, group fitness classes, unlimited tanning, and a complimentary body composition analysis with fitness consultation. A one-time initiation fee of \$40 is applicable to all plans except for the annual plan. An initiation fee is also required for rejoining members.

MONTHLY \$35/MONTH Pay your membership fees monthly with credit/debit card or ACH. Cancel anytime.*+	QUARTERLY \$105/QUARTER Pay for 3-months in advance without credit card info on file.*+
6-MONTH \$192/SEMI-ANNUAL Get a lower rate when you pre-pay and commit to 6 months of membership compared to the standard monthly payment membership.*+	ANNUAL \$360/YEAR Get an even lower rate when you pre-pay and commit to a full year of membership. Plus no initiation fee is required.*+



*Plus pay \$20.00 Facility Fee annually on June 1st
+Memberships are subject to annual dues increases, see membership agreement.

Did you miss the January mark to start your fitness journey? If so, April is a great month to get started! Check out how you can join our pack with our membership plans on our website and in the graphic!

[Join Our Pack](#)

Freshman 15?

A Bulldog Gym College Plan Membership can help with that!

FOR \$120 YOU GET:
FULL MEMBERSHIP FOR 25 WEEKS INCLUDING:
MAY 15TH-SEPTEMBER 18TH
THANKSGIVING BREAK (NOVEMBER 20TH-NOVEMBER 26TH)
FULL MONTH OF DECEMBER AND FIRST 2 WEEKS OF JANUARY. TWICE/YEAR VISITS FOR SPECIAL UNEXPECTED TRIPS HOME (BY ARRANGEMENT).

ALSO MAKES A GREAT GRADUATION GIFT
[HTTPS://WWW.BULLDOG24X7.COM/2022-2023-COLLEGE-MEMBERSHIP-PLAN/](https://www.bulldog24x7.com/2022-2023-college-membership-plan/)
533 VENTURE COURT * (706) 418-5901

Are you a college student who will soon be home for summer break? Needing a place to come work out? Join Bulldog Gym with a college membership! This membership is designed for currently enrolled college students as well as rising college freshmen. It costs \$120 for 25 full weeks of 24x7 Bulldog Gym access!

Our annual college student membership includes:

- May 15th - September 18th (Summer Break)
- Thanksgiving Break
- Full month of December and first 2 weeks of January.
- Twice per year visit for special unexpected trips home (by arrangement)

☐ The college membership also makes a GREAT graduation gift for high school seniors/rising college freshmen! ☺

[Purchase Today](#)

Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM			RIDE N SCULPT		RIDE N SCULPT	SERENITY YOGA
8:00 AM			YOGA			
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		

New to the Community



Bulldog Gym is so happy to welcome those who are new to our community! A great way to meet your neighbors and find out about your new town is to come to the gym. Whether it's participating in group fitness or doing your own workout, you will have the chance to meet new friends.

Retail



It's time to put up those tired old winter clothes and get some fresh new gear! Shop Bulldog Gym Apparel for your spring ☐ workout clothing needs. We even have an awesome selection of hats! Check it out today at the link below ☐

[Shop Now](#)

Member Tips & Announcements



Sometimes, you may need to update your account, use the tanning bed, or just need one of us here at the gym. Our staffed hours are as follows:

- ☐ Monday: 8:30AM - 1:00PM; 3:00PM - 7:00PM
- ☐ Tuesday: 8:30AM - 1:00PM; 3:00PM - 7:00PM
- ☐ Wednesday: 8:30AM - 1:00PM; 3:00PM - 7:00PM
- ☐ Thursday: 8:30AM - 1:00PM; 3:00PM - 7:00PM
- ☐ Friday: 8:30AM - 1:00PM
- ☐ Saturday: 9:00AM - 12:00PM
- ☐ Sunday: No Staff Hours

Of course, you may always email or call us at

☐ 706-418-5901

☐ gyminfo@bulldog24x7.com

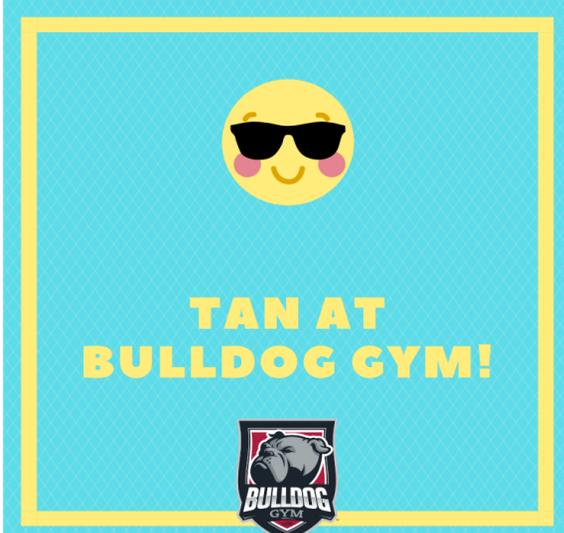
Gym Need Attention?

- Equipment Issue
- Janitorial/Custodial
- Environment (temperature, music, etc)
- Safety

Scan QR code below to report it!



Signs like these are now posted around the gym and are an easy way to report issues around the gym.



Did you know that your Bulldog Gym membership includes FREE TANNING? ☐



That's right, you can workout AND get a tan, all included when you join Bulldog Gym.

Tanning during staff hours only.



We love guests at Bulldog Gym 😊! However, please keep in mind our guest policy:

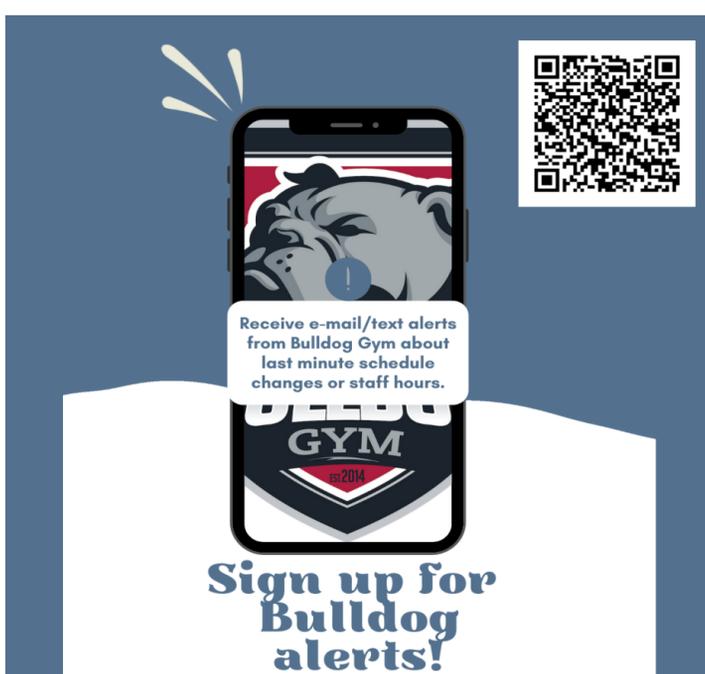
- ✓ Guests must sign a liability waiver before working out
- This means you must arrange to have them sign the waiver during business hours
- ✓ There is a \$10 fee for guests visiting with a member

If you have a local friend that is interested in joining us as a member, our free 3-Day Trial Pass* is also a great option!

[3-Day Trial Pass](#)



Are you "putting in the time ☐" with your workouts, but still not seeing the results you want? Maybe it's time to take a look 📖 at your diet. Often, little changes in what you are eating or drinking can lead to big results. Alicia Lindsey is an ACE certified Nutrition Coach with experience in helping people get results. Come by to see how she can help you to achieve your goals.

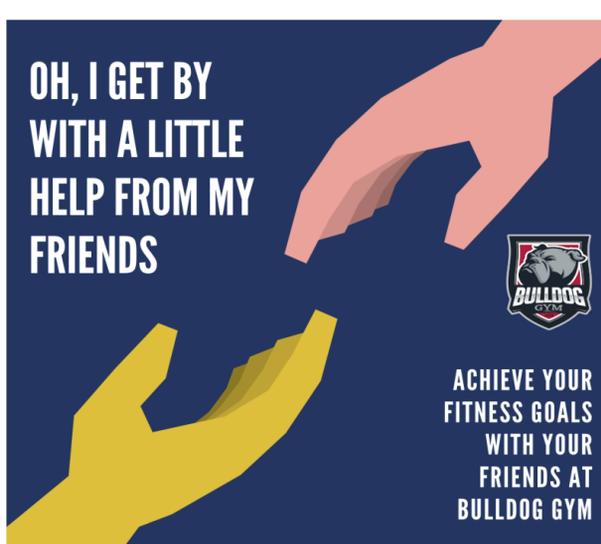


Want to stay in the know??

Sign up for our Bulldog Member Alert! This alert system will help you stay in the know by receiving e-mails/text alerts for last-minute class changes and/or staff hours changes.

To sign up, click the link below and enter your information for notifications. It really is that easy!

[Sign Up](#)



Remember that line from The Beatles song, 🎵"Oh, I get by with a little help from my friends" 🎵 Sometimes, we all need a little help! Contact one of our personal trainers today, to achieve your fitness goals.

[Personal Trainer](#)

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.

[Feedback](#)

Follow Us On



Facebook



Youtube



Instagram

Copyright © 2021 Bulldog Gym, LLC All rights reserved.

Contact Us At:

front.desk@bulldog24x7.com

www.bulldog24x7.com

533 Venture Court

Monticello, GA 31064

706-418-5901

You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)