



Welcome to the April Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Silver Sneakers



♥ Back in February, Bulldog Gym Silver Sneaker members celebrated Valentine's Day back by wearing red. They participated in a special Valentine's Day workout and enjoyed sweet treats! ♥

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.

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

*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](#)

LOCAL BUSINESS HIGHLIGHT

Popular local restaurant, La Eskina knows that healthy employees make great employees! Copy their idea and take advantage of our corporate rate plan ☺ for your company. See the front desk for more information.

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 *ENDS APRIL 9TH, |
| 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:

~ The Ride N Sculpt class will end on April 9th.

Staff Spotlight



Most people know that Renae Watts is co-owner of our gym, but do you really know all that Renae does? It's ALOT! Renae is our Office Manager and is responsible for most the financial aspects of the gym. In her "spare time", Renae is a busy Realtor and Grandmother! We don't know how she does it, and always has a smile on her face! Thanks for all you do Renae!



Recently, Bulldog Gym co-owner Russ Watts qualified and achieved certification as a Road Runners Club of America Run Coach. The certification program, which involves pre-study, and a two-day intensive followed by testing, qualifies coaches to:

- ☑ Direct running training programs ☑ ♀
- ✓ Coach individuals or groups working towards specific running training goals
- ✓ Help athletes achieve goals such as completing a 5k, 10k, half marathon, or marathon. ☑
- ✓ Design intelligent training plans based on a scientific body of knowledge to help runners achieve their goals while minimizing the risk of injury. ☑ ♂

Russ also holds a Certified Personal Trainer Certification with the American Council on Exercise since 2014, as well as the following specialist's programs:

- Certified Orthopedic Exercise Specialist, (American Council on Exercise)
- Biomechanics Corrective Exercise Specialist (TBMM-CES®)
- Functional Movement Systems (FMS® Level 1, Level 2)

Stayed tuned for Bulldog Gym's new running-related services later this year, including:

- Couch to 5K programs
- Gait Analysis (including 3D running form analysis)
- Race preparation and plan development

Retail



Bulldog Apparel Store



OPEN!! Our new online apparel store is ready for you to get some Bulldog Gym merch!

A couple things to note as you are shopping:

- ☐ All of our shirt/hoodie options are available with multiple color and logo options (you essentially can design your own shirt or hoodie)
- ☐ You can shop and fill your online cart anytime but there will be monthly cutoffs at the end of each month for production and fulfillment. The next cut off date will be April 30th.
- ☐ Payment is made when the garment is picked up at the gym.
- ☐ Due to lingering global supply chain issues, certain shirt colors/sizes may actually not be available (although the store indicates they are). Customers will be notified prior to the cut off window if a particular size/color is not available.
- ☐ We will also begin stocking limited supplies of each shirt style at the gym.

[Shop Now](#)



☐ New Product Alert ☐

Bulldog member, Ayana Darby, loves what the lift 3-D Energy drinks give to her workouts! Try one of the amazing flavors today!

Member Tips & Announcements

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:

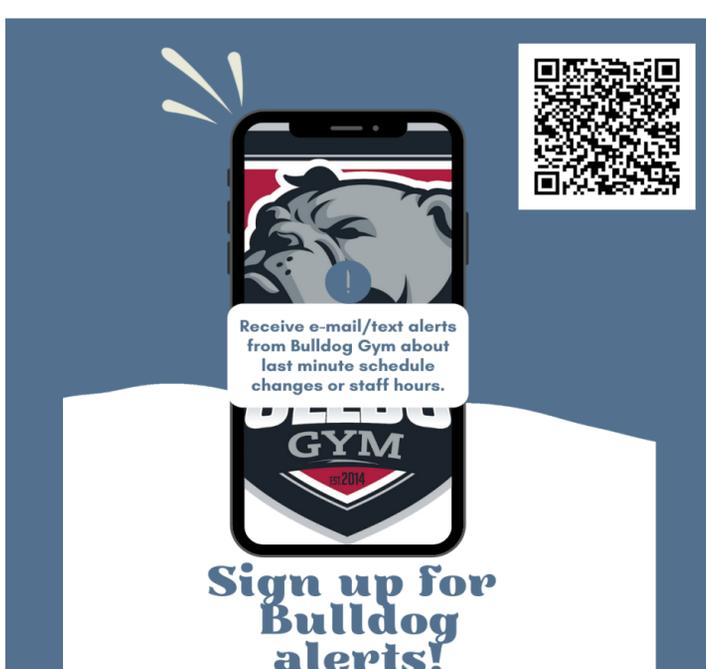
- ✓ Guests must sign a liability waiver before working out
- This means you must arrange to have them sign the waiver during business hours
- ✓ There is a \$10 fee for guests visiting with a member

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](#)



Bulldog Gym cares about animals. Join us in supporting our local animal shelter. Donations of pet food and other pet supplies are welcome! See the front desk for more information.

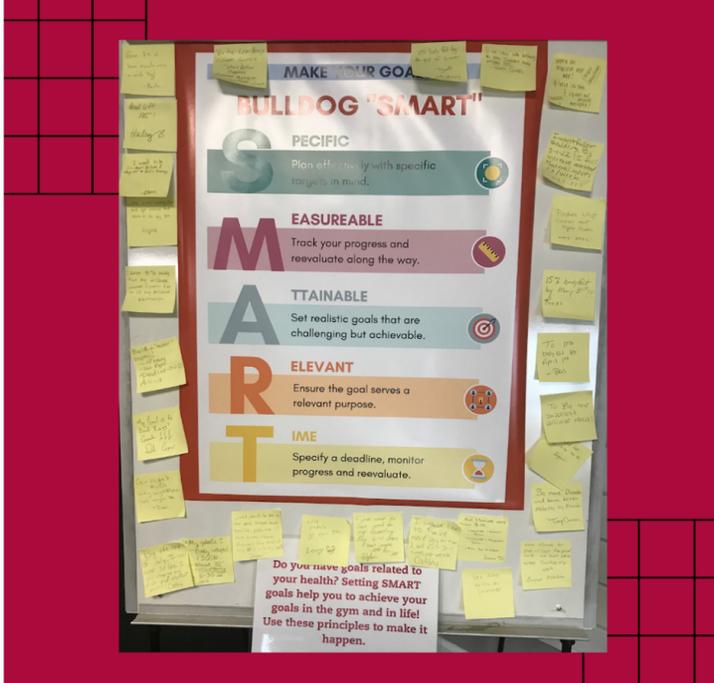


Want to stay in the know??

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](#)



Time to "Check Yourself"

Did you set some fitness goals waaay back in January? Well, it's time to check your progress towards achieving those goals. Think about the past three months. Where do you stand now towards hitting the mark? Maybe it's time to schedule your next Inbody to find out where you stand.

Schedule online or in person today!

[Schedule online](#)

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



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](#)