



Welcome to the December Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Merry Christmas!



Merry Christmas and Happy Holidays 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](#)

Gift Certificates: The holidays are coming! Bulldog Gym has just what you need for family and friends: A gift certificate to Bulldog Gym. They make a great Christmas gift idea, or for anytime. The gift certificate is customizable and can be used to give a membership, or for use in our Bulldog Proshop, for Inbody scans, etc. Show your loved ones that you care about their health today!



Group Fitness



December 2021 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual Cycle 7:30AM - 8:30AM Cycle Studio	Bulldog Ride and Sculpt 7:30AM - 8:30AM Group Fitness Room	Virtual Cycle 7:30AM - 8:30AM Cycle Studio	Bulldog Ride and Sculpt 7:30AM - 8:30AM Group Fitness Room	Virtual Cycle 7:30AM - 8:30AM Cycle Studio		
Silver Sneakers 10:00AM - 11:00AM Group Fitness Room	Silver Sneakers Yoga 10:00AM - 11:00AM Group Fitness Room	Morning Yoga 8:00AM - 8:45AM Group Fitness Room	Silver Sneakers Yoga 10:00AM - 11:00AM Group Fitness Room	Serenity Yoga 7:30AM - 8:30AM Group Fitness Room		
ZUMBA 5:30PM - 6:30PM Group Fitness Room	Instructor Led/Virtual Spin 5:30PM - 6:30PM Cycle Studio	Bulldog Pump 9:00AM - 10:00AM Group Fitness Room	Instructor Led/Virtual Spin 5:30PM - 6:30PM Cycle Studio	Bulldog Pump 9:00AM - 10:00AM Group Fitness Room		
Instructor Led/Virtual Spin 5:30PM - 6:30PM Cycle Studio	Serenity Yoga 6:30PM - 7:30PM Group Fitness Room	Silver Sneakers 10:00AM - 11:00AM Group Fitness Room	Serenity Yoga 6:30PM - 7:30PM Group Fitness Room			
		ZUMBA 5:30PM - 6:30PM Group Fitness Room				
		Instructor Led/Virtual Spin 5:30PM - 6:30PM Cycle Studio				

Changes to Note:

- ~ There will not be an 11:00AM Silver Sneakers class.
- ~ Watch our social media pages for holiday related class cancellations.
- ~ No classes December 21-30.
- ~ Special New Year's Eve Yoga class will be held at 7:30AM.

Retail

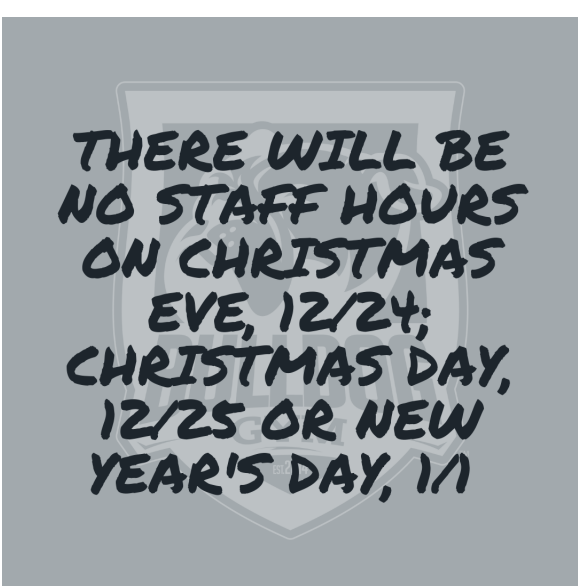
We are happy to announce that our affiliation with Eat Clean Bro! Eat Clean Bro offers fresh, all-natural healthy prepared meal delivery straight to your door! Members, feel free to specify delivery to the gym address for gym pickup if desired. We will keep your meals refrigerated until you can stop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



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.

[Cleaning Instructions](#)

GUEST POLICY

~ Guests are allowed but we must have a signed liability waiver before they can work out at the gym.

~ Guest Fees are:

\$10 for a day pass when accompanied with a member; \$15 otherwise
\$35 for a 7-day pass (7-day pass guests will receive a key-card for 24/7 access



Fun with Silver Sneakers



Come join us for a Holiday Celebration on Monday, December 20th at 10:00AM. Fun, games, and music for all in the Silver Sneakers class.

Set Your Goals

Set your New Year's Goals now! See our Smart Goal Board to plan your goals for 2022!!

MAKE YOUR GOALS

BULLDOG "SMART"

S

PECIFIC

Plan effectively with specific targets in mind.

M

EASUREABLE

Track your progress and reevaluate along the way.

A

TTAINABLE

Set realistic goals that are challenging but achievable.

R

ELEVANT

Ensure the goal serves a relevant purpose.

T

IME

Specify a deadline, monitor progress and reevaluate.

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

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Contact Us At:

front.desk@bulldog24x7.com

www.bulldog24x7.com

533 Venture Court

Monticello, GA 31064

706-418-5901

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