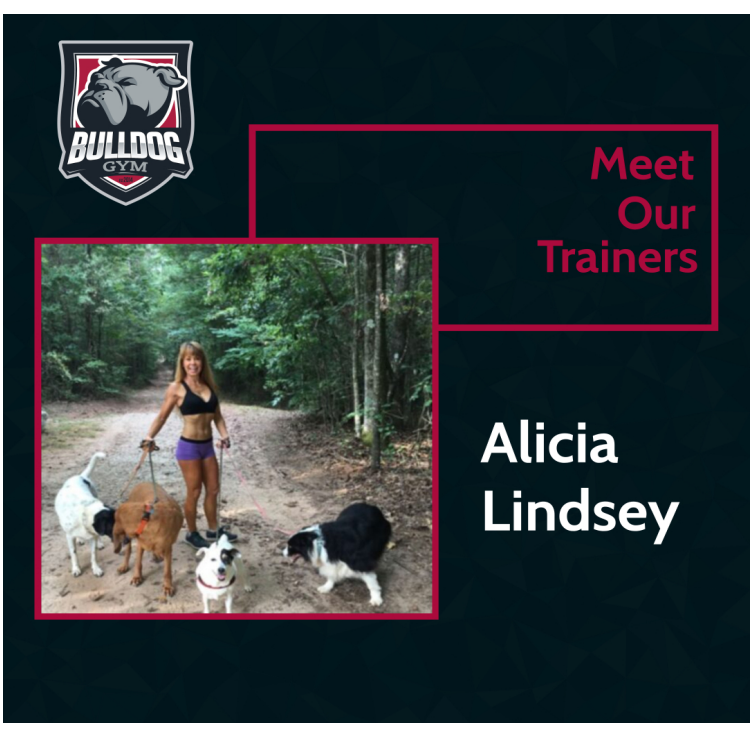
Welcome to the February Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Meet Our Trainers

Ben Manville is a native of Jasper County and has been involved with fitness and athletics for more than 15 years. His passion for health and fitness runs deep, as can be seen from his own personal endeavors. While in high school he played football and ran track. In recent years, he has competed in Florida and Georgia NPC Men's Masters and Open Class Physique shows in which he placed in the top 5 in both 2016 and 2017. Ben is a Certified Personal Trainer through the American Council on Exercise.
Ben looks forward to working with anyone wanting to reach their fitness goals!



Alicia Lindsey is the Assistant Manager of Bulldog Gym and is also a certified Personal Trainer and Nutrition Coach with The American Council on Exercise. She has additional certifications and experience as a Silver Sneakers instructor, boot-camp instructor, and Group Power instructor. Her enthusiasm for health and fitness have encompassed more than 37 years of an active lifestyle, which includes fitness instructor, weight trainer, competitive bodybuilder and a 5K/10K runner. She looks forward to working with clients to achieve their fitness goals! Be sure to say hello to Alicia next time you are at Bulldog Gym! She might have some ways to help you reach your fitness goals!

Wyley Deleza is a certified personal trainer through the American Council on Exercise. He has been involved in fitness and athletics his whole life, competing in both the High School and Collegiate levels. He has a passion for functional health and fitness and strives to help others recognize their potential. His ultimate goal is to help clients achieve their goals and become the best person they can be! Wyley is also a highly-valued staff member at Bulldog Gym.

Wyley is ready to help and motivate you to reach your fitness goals!

Jessica has been a fitness buff her whole life. She has trained in competitive gymnastics for eight years and has coached gymnastics and power tumbling for ten years! In addition to gymnastics/tumbling group and one-on-one training, Jessica is also an accomplished personal trainer certified through the International Sports Sciences Association. Jessica is very flexible with her scheduling and is even available for appointments in the afternoon/evening. Whether you're in need of fitness training for yourself or gymnastics/tumbling training for your child, Jessica can help you achieve your goals! Message the gym or Jessica directly for information on rates.

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

February 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM		RIDE N SCULPT		RIDE N SCULPT	SERENITY YOGA	
8:00 AM			YOGA			RIDE N SCULPT *THROUGH FEB. 12TH, RESUME MARCH 5TH
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 through February 12th. Will resume on March 5th.

Retail

Need a quick dinner that's healthy? Try one of our Clean Eatz meals today. We have many delicious varieties to choose from.

Bulldog Apparel Store

NOW 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 first cut off date will be January 31st.
 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

Member Tips & Announcements

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

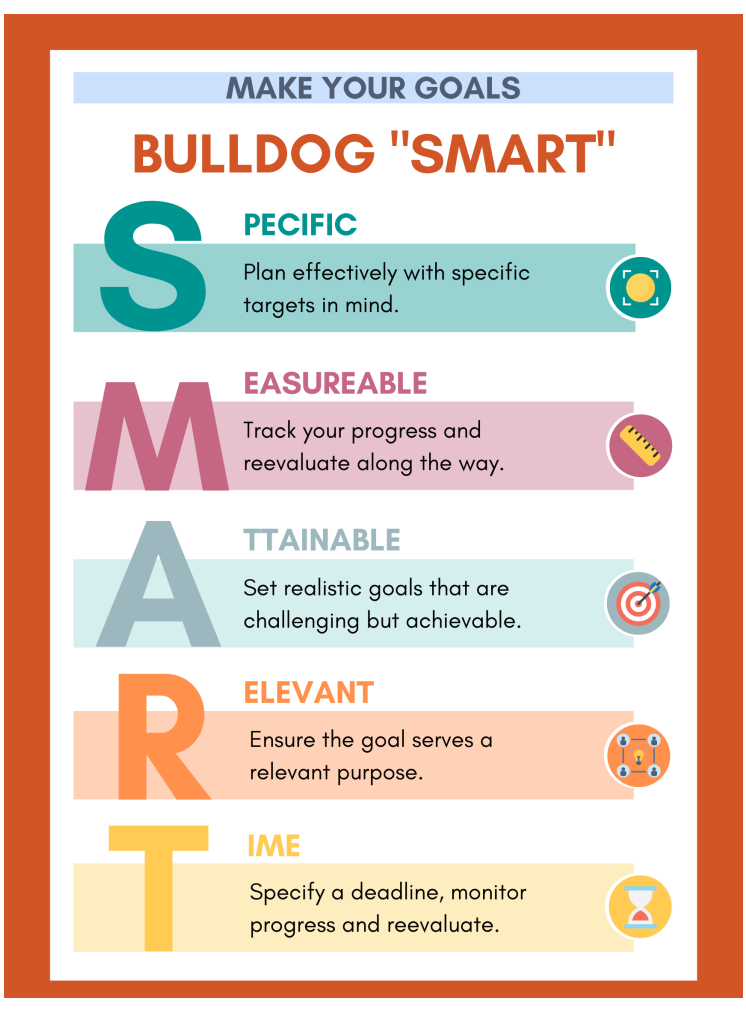
Make 2022 your year to get strong!

Join Suzy on Tuesdays and Alicia on Thursdays at 5:15 pm, for Total Body Fitness. This new group fitness class will focus on strength training, agility, and

endurance. Great for all levels of fitness.

For 6 weeks, join Penelope on Saturday mornings 8:00-9:00 for a Ride N Sculpt workout!

Set Your 2022 Goals



Set your goals for 2022 with our Bulldog "Smart" Goals chart!

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