



Welcome to the March Bulldog Bites Digital Newsletter.

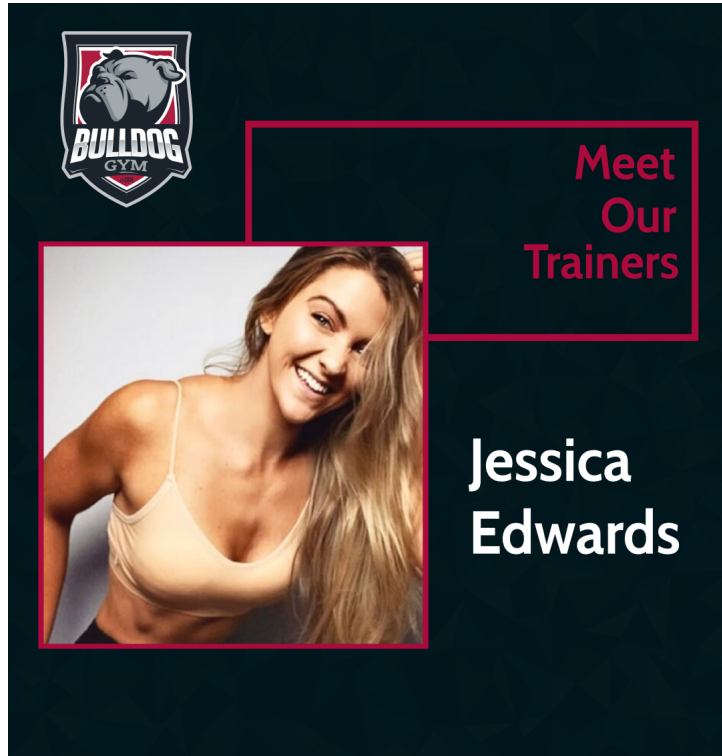
We welcome any suggestions or comments regarding the content.

Welcome



TODD MOONEY

Bulldog Gym welcomes Todd Mooney to our gym staff. Todd has been an advocate for fitness for many years. Having recently retired, Todd has decided to join the team here at Bulldog Gym. You will find Todd working the front desk assisting new and current members. Todd has also decided to expand his knowledge by becoming a certified Silver Sneakers instructor. He is also currently pursuing his Spin (cycle) certification.



Welcome back Jessica Edwards!!

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!

Member Spotlights



Lee Gann is an example of an inspiring young man. Read his story below:

"So here's me 2 years ago and now. Here's my story. My name is Lee Gann and I am 18 years old. I was big all my life until one day... I woke up and looked in the mirror and was disgusted with the way I had let myself get. That day I vowed to change, and I would never look like that again. The first month I did it all wrong, I wasn't eating enough, therefore I was losing muscle mass. That's when I started researching calorie deficits and implementing cardio into my strength workouts and increasing the intensity of my workouts. I had a few days where I didn't want to eat healthy, but I just kept pushing through. I have lost a total of 61 lbs. as of right now. Since beginning my journey, I have become an ambassador for the clothing line Titan. My goals for the future include becoming a trainer and striving to be the best version possible of myself!"

Member Spotlight



**Sherry
Morgan**



Meet Sherry Morgan, one dedicated Bulldog! Sherry is a regular participant at the gym. She visits six days per week and does a variety of exercises, including walking on the treadmill, riding the Spin bike, and taking Silver Sneakers classes. Sherry tells us that due to her regular exercise routine, she has very few health problems and is able to care for her husband and keep up with her 7 year old granddaughter! Sherry is one of the nicest people you will ever meet and always has a kind, encouraging word. Thank you Sherry for your loyalty and kudos to you for your consistency!

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, February 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

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 *MARCH 5 THROUGH 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:

~ Ride N Sculpt will be on Saturdays at 8:00am with Penelope will resume on March 5th through April 9th.

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 March 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



We understand you need your favorite death metal group to get pumped for your workout but more than likely most others do not enjoy your musical taste.

Please wear your headphones/earbuds while working out.



BULLDOG GYM CARES ABOUT ANIMALS!

Join us in supporting our local animal shelter.



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](#)



Local High School student Aryn Christopher recently made a difference in the lives of little ones. With the kind donations from Bulldog Gym members, Aryn was able to deliver coloring books and crayons to local agencies, whose focus is on helping children, who may be experiencing a crisis in their lives. Thank you to Aryn for his kind hearted work through his "Courage to love" foundation.

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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