



Welcome to the June Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.



We had a great kickoff to our summer FitCamp program on Memorial Day morning. This group slayed a commemorative workout in late-spring hot, muggy weather. Great job everyone! ☐☐☐

## Staff Spotlight



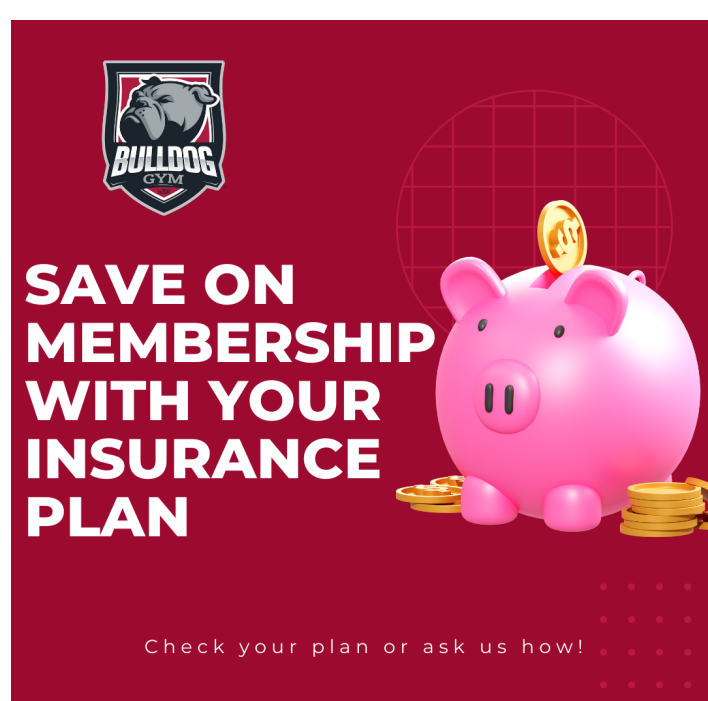
Welcome back Erica Lawrence! Bulldog Gym is excited to announce the return of Erica's Step class on Tuesday and Thursday evenings at 5:00. Erica is also a personal trainer, certified through ISSA. She has years of experience teaching group fitness and step. Click [here](#)

## Find Your Fitness Fit



Whether you're 95 and visiting a gym for the first time in 50 years, a college athlete trying to get a leg up over the competition during the summer, or a bodybuilder sculpting your physique for the stage, THIS is the gym for YOU! We have classes and equipment that can be used by everybody no matter their fitness level.

## Check Your Insurance Plans



If you are watching your ☐budget, consider that many insurance plans cover all or some of your gym membership. Bulldog Gym participates in the following plans:

- ☐Silver Sneakers/Prime authorized facility
- ☐Silver&Fit/Active&Fit authorized facility
- ☐Renew Active authorized facility

For more information on these plans and/or to check your eligibility click [here](#). Otherwise, check with your insurance plan or let us check for you today!

## Membership Info



# 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.

Check out how you can join our pack with our membership plans on our website!

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		
8:00 AM			YOGA			
9:00 AM			BULLDOG PUMP		BULLDOG PUMP	ZUMBA TONING/ZUMBA TRADITIONAL
10:00 AM	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA		
5:00/ 5:30 PM	SPIN ZUMBA	5:00 STEP WITH ERICA	SPIN ZUMBA	5:00 STEP WITH ERICA		
6:30 PM	FIT CAMP WITH AMANDA AND RANDAL *EXTRA FEE REQUIRED	SERENITY YOGA	FIT CAMP WITH AMANDA AND RANDAL *EXTRA FEE REQUIRED	VIDEO YOGA		

June is here! Come join your friends for a great group fitness workout!

Key Changes to our June Class Schedule:

- ☐ The Tuesday/Thursday morning "Ride and Sculpt" classes will be led by Todd!
- ☐ The Tuesday/Thursday evening "Total Body Fitness" classes will be replaced by "Hip-Hop Step" with Erica! (Total Body Fitness will return in August)
- ☐ Thursday evening and Friday morning "Serenity Yoga" will come off the schedule for a summer hiatus (video sessions will be available)
- ☐ All other classes remain the same

For a downloadable/printable version of our group fitness schedule click [here](#).

## Top 10 Reasons to Hire a Personal Trainer



### Top 10 Reasons to Hire a Personal Trainer

1. Accountability towards goals
2. Specialized training plan
3. Help with specific injury or other limitations
4. Injury prevention
5. Plateau buster
6. Properly executing exercises/improve technique
7. Invaluable Education
8. Help prepare you for a specific event
9. Beat the Boredom
10. Challenge you to improve

Learn More Here

## Member Tips & Announcements



Theragun



We all have days where EVERYTHING HURTS! Don't let those aches and pains get you down! Use the Theragun machine here at Bulldog Gym to solve your woes. For additional information on the use of the Theragun, including the benefits of percussive therapy and how we're using it at Bulldog Gym click the link below. Check it out today at the front desk. Available during staffed hours only.

Theragun Info



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



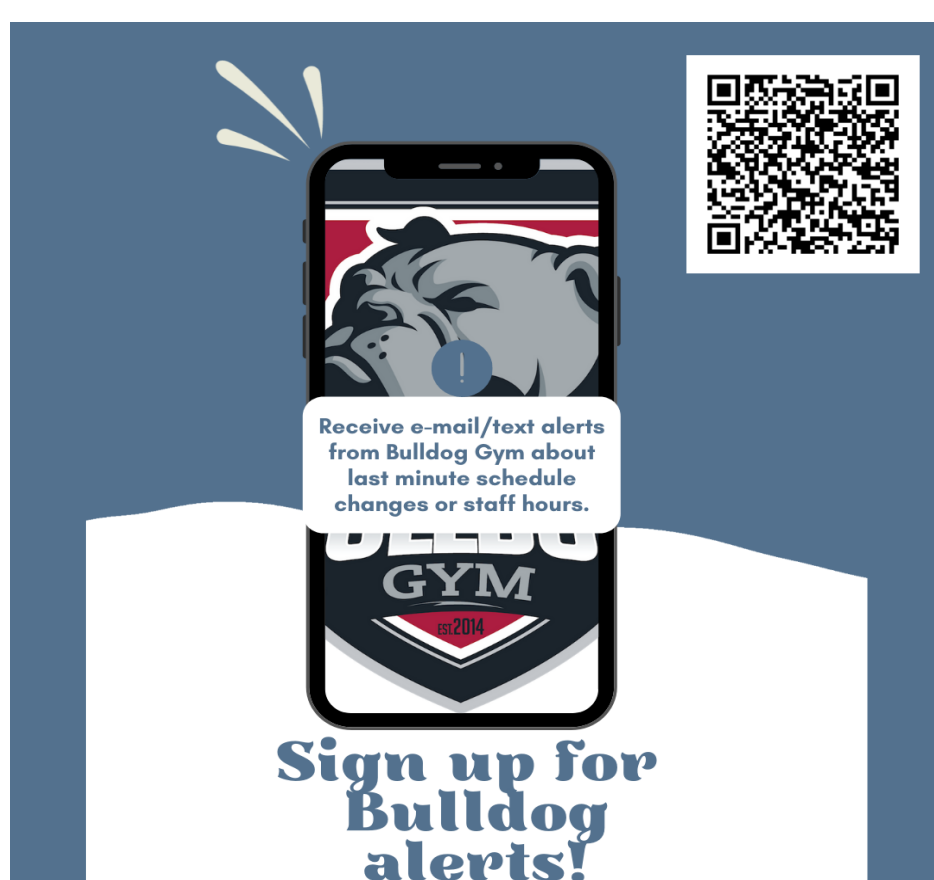
Have you gotten bored with your cardio routine? Then add stair climbing with the Stairway Climber to your workout. This machine gives you a great cardio workout, plus builds strength ☐ in your legs and glutes. Give it a try today!



"How can I decide what to play with next?" ☐

One of the points of pride here at Bulldog Gym is our wide variety of fitness equipment. You will always find just the right tool to accomplish your fitness plan here at Bulldog Gym! ☐

Click [here](#) for a full list of our equipment.



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

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

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**Contact Us At:**

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www.bulldog24x7.com

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