



Welcome to the July Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.



Exercising with a group definitely has built in benefits that you can't get from working out by yourself at home.

Here are five group fitness class benefits.

- ☐ Become Accountable. Regular physical activity combats health problems such as Type II diabetes and hypertension.
  - ☐ Boost Motivation.
  - ☐ Work Out Safely.
- ☐ Improve Pain Tolerance.
  - ☐ Gain Focus.

Join one of our group fitness classes today! Click the link below to check out our group fitness classes!

[Group Fitness Classes](#)

Member Spotlight



Bulldog Gym celebrates the consistent efforts of our members. Read Tiffany Campbell's inspiring story below.

"I have never been an athletic or outdoorsy person. A tomboy would be a better description! However, I joined the gym a year and a half ago to get in better shape, have a little "me time", and to work as a stress reliever (if there is such a thing!) As I have gotten older, my fitness and health have become more important to me. Bulldog Gym has helped and continues to help me achieve my fitness goals. It has taken me some time, but I have learned to enjoy working out! It gives me a great sense of accomplishment!

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	9:30AM 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-5:30 ZUMBA-5:30	5:00 STEP WITH ERICA	SPIN-5:30 ZUMBA-5:30	5:00 STEP WITH ERICA		
6:30 PM	FIT CAMP WITH AMANDA AND RANDAL* <small>*EXTRA FEE REQUIRED</small>	SERENITY YOGA	FIT CAMP WITH AMANDA AND RANDAL <small>*EXTRA FEE REQUIRED</small>	VIDEO YOGA		

Happy July! Come join your friends for a great group fitness workout!

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



Things are "rocking" on Tuesday and Thursday with Erica's Step class! Come join us for an awesome cardio workout using steps. The 🎵 music 🎵 is invigorating and you will catch the energy of the group! See you Tuesday and Thursday at 5pm!

[Class Schedule](#)



□ There is a new Style of Zumba being offered here at Bulldog Gym □

Have you tried the Saturday Zumba Toning class? Come join us Saturdays at 9:30.

If you are not familiar with Zumba Toning, check out the info below □

Zumba Toning Info

## Benefits of Yoga



Yoga is just one of the types of classes offered at Bulldog Gym. See below to learn more about this fantastic addition to your fitness plan. Join Suzanne on Tuesday/Thursday at 10 am for chair based yoga, or Suzy at 8am on Wednesday.

Some great health benefits of Yoga

- Improves posture
- Increases flexibility
- Builds muscle strength
- Boosts metabolism
- Helps in lowering blood sugar
- Increases blood flow
- Keep diseases at bay
- Increases self-esteem

Click [here](#) to see our yoga classes!

## 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.**

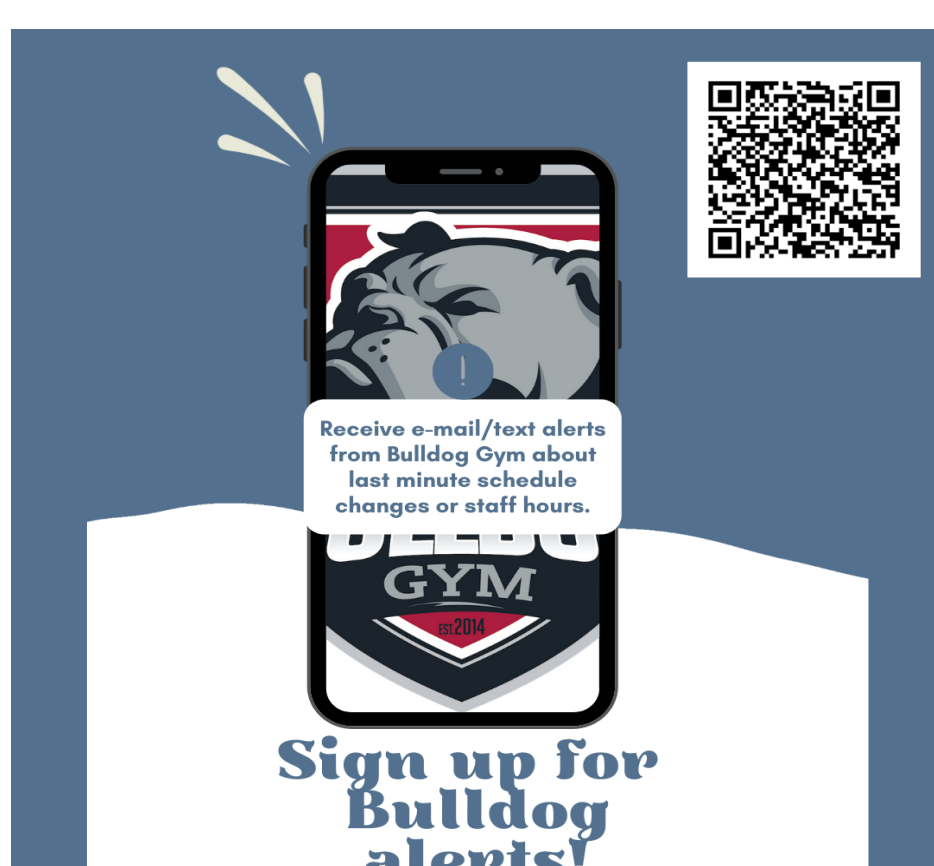
<b>MONTHLY</b> \$35/MONTH Pay your membership fees monthly with credit/debit card or ACH. Cancel anytime.*+	<b>QUARTERLY</b> \$105/QUARTER Pay for 3-months in advance without credit card info on file.*+
<b>6-MONTH</b> \$192/SEMI-ANNUAL Get a lower rate when you pre-pay and commit to 6 months of membership compared to the standard monthly payment membership.*+	<b>ANNUAL</b> \$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



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



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