



Welcome to the August Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.



If you are new to weight training, just coming back from an illness/injury, or just want to add variety to your routine, try using our selectorized equipment. We have a variety of machines, which will work every part of your body.

Member Jerry Sirmans, demonstrates how to use a weight training machine.

Looking for more tools to achieve your fitness goals? Click the link below to see what all Bulldog Gym has to offer!

[Bulldog Equipment](#)

Vacationing Bulldog

Bulldog Gym members Randal and Rena Lane recently enjoyed a three week holiday on the Big Island in Hawaii. Thanks for taking a little piece of Bulldog Gym with you guys!

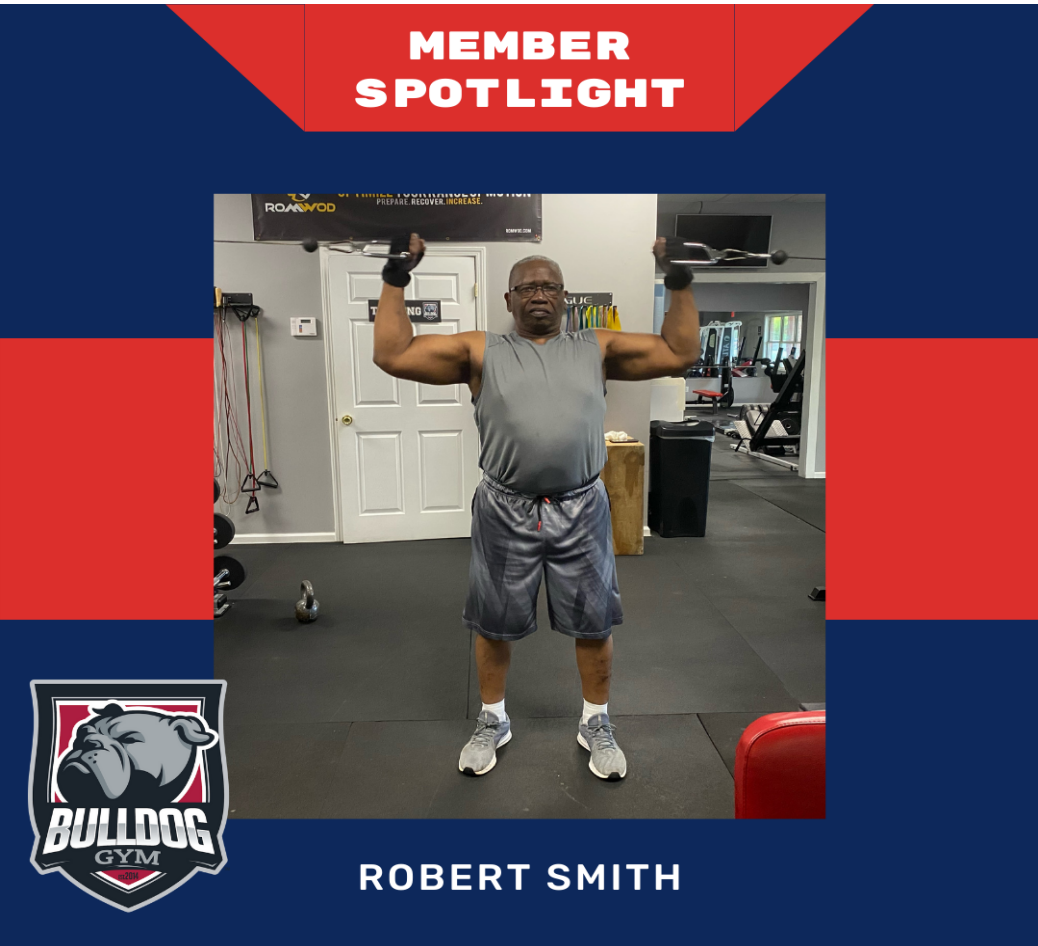


VACATIONING BULLDOG

Do you need some Bulldog gear to wear on vacation? Shop the link below!

[Bulldog Gear](#)

Member Spotlight



Robert began training at Bulldog Gym in 2014 with the original owner, Sean Bowles. He has seen many changes to our gym in his time here, but one thing has remained constant: Robert's dedication to fitness! He has always exercised to maintain his good health. He has always stayed true to being a "natural athlete", never taking anything, which could endanger his body! His doctors tell him to keep it up! Robert explains that he loves to meet people, stay in shape, and challenge himself when he comes to the gym. He is retired from a career at Georgia Pacific and The Bank of Monticello. He credits Bulldog Gym and his church home, Springfield Baptist, with being able to care for his late wife of 49 years. Thanks for inspiring us all Robert!

Group Fitness

	 MONDAY	 TUESDAY	WEDNESDAY	THURSDAY	 FRIDAY	SATURDAY
7:30 AM		RIDE N SCULPT		RIDE N SCULPT	YOGA WITH JESSICA	
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	5:30 TOTAL BODY FITNESS 5:45 GUTS & BUTTS WITH ERICA	SPIN-5:30 ZUMBA-5:30	5:00 TOTAL BODY FITNESS 5:45 GUTS & BUTTS WITH ERICA		
6:30 PM	FIT CAMP WITH AMANDA AND RANDAL*	SERENITY YOGA	FIT CAMP WITH AMANDA AND RANDAL *END OF SESSION *FIT CAMP RESUMES LABOR DAY.	YOGA WITH JESSICA		

Ready to get back on schedule in August?! Come join your friends for a great group fitness workout!

Changes to note:

- Total Body Fitness will be on Tuesdays @ 5:30PM and Thursdays at 5pm.
- Guts & Butts with Erica will be on Tuesdays/Thursdays at 5:45pm - 6:15pm.
- Join Jessica for yoga on Thursdays at 6:30pm or Fridays at 7:30am.

Staff Spotlight



Staff Spotlight

Michelle Bishop

- Zumba
- Silver Sneakers



Michelle Bishop is a multi-talented instructor at Bulldog Gym. On Monday and Wednesday evenings, and Saturday mornings, Michelle teaches Zumba and Zumba Toning. Wednesday mornings find her teaching Silver Sneakers Classic. She is certified through NASM and AFAA in Zumba Gold and Toning, Silver Sneakers Classic, Yoga, Circuit, and Enerchi. On the family front, Michelle has been married for 30 years and has two beautiful children.

Check out the other members of our Bulldog Team!

[Our Trainers](#)



SAFETY MATTERS AT BULLDOG GYM

- all entry points locked at all times.
- actively monitored cameras/security system
- panic buttons throughout the gym
- regular patrols by law enforcement

Bulldog Gym operates 24/7, but that doesn't mean that we are always staffed.

However, you can always have peace of mind when you are here. Safety measures, which are in place for your safety are: all entry points locked at all times, actively monitored cameras/security system, panic buttons throughout the gym, and regular patrols by law enforcement.

ARE YOU AN INFLUENCER?

Your friends and relatives notice your good health habits!



Are you an Influencer? By coming to the gym and exercising, you are! Your friends and relatives notice your good health habits. You are making a positive impression on others with the time and effort that you put in to maintaining good health. ✨Keep up your good work, you never know who's watching! ✨

Be sure you are following Bulldog Gym!

[Facebook Page](#)

[Instagram Page](#)

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](#)



To show our continued support of the local community, Bulldog Gym presented a free month's membership to new Jasper County Charter System employees at their recent orientation session. As one of our corporate partners, all JCCS employees are eligible to receive a discounted rate at Bulldog Gym.

Pictured are Alicia Lindsey, Assistant Manager at Bulldog Gym and Megan Henderson, Public Relations and Family Engagement Coordinator for JCCS.

Are you a local business that might be interested in our corporate rates?
Contact us today about the details.

[Contact Us](#)



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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