



Welcome to the December Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

## Vacationing Bulldogs

### Vacationing Bulldog



Suzy Mitchell

Yoga/Bulldog Pump Instructor Suzy Mitchell shared her African Safari vacation photos with us. Notice the Bulldog Gym apparel. She and her family and friends recently took a two week trip to The Ngorogoro Wildlife preserve in Tanzania, Africa. Thanks for sharing Suzy!

Plan on joining Suzy on Tuesday evenings at 5:30 for strength training.

## Member Spotlight

### MEMBER SPOTLIGHT

WALTER COWAN



Bulldog Gym is so proud of member Walter Cowan and we want you to get to know him just a bit better. Walter has been a member of the gym for several years. He attends Silver Sneakers classes Monday-Thursday. To supplement his fitness, Walter arrives before class and rides the Assault Bike, lifts weights and walks on the treadmills. He is just the kindest and friendliest person you could meet! He helps set up and break down the equipment for the classes as well. When he is not at the gym, Walter stays busy on his farm. He cares for his cows and horses and loves to decorate the farm for the holidays! Walter is a member of Salem United Methodist Church in Covington, and has attended Camp Meeting for 61 years! We are happy to know Walter!



Don't let the shopping rush get you down. Take care of your holiday gifts the easy way! Bulldog Gym sells gift certificates. You may purchase gift certificates for use as memberships, apparel, Inbody Scans, or anything we sell. Check with the front desk today or purchase online at the link below.

[Gift Certificates](#)



**Bulldog Gym Apparel makes a great Christmas gift!!**

Bulldog Gym apparel including hoodies, t-shirts, caps and gym bags will make a great Christmas gift this year! Deadline for ordering for Christmas Delivery (at the gym) is December 2nd!

[Apparel](#)





**CONGRATS  
GARRISON!**

Bulldog Gym extends a hearty congratulations to trainer, Garrison Williams for obtaining his Personal Trainer certification through NASM!



You've seen them, you are curious about them, but what can you do with them? Kettlebells that is! Bulldog Gym has a great assortment of kettlebells, ranging from 5 to 50+ pounds for your use. Check out the link from AceFitness below for a tutorial on adding kettlebells to your fitness routine.

[AceFitness](#)

## Bulldog 101



If you are new to our gym or just beginning your fitness journey, you may need a little help with the equipment here. Sign up for a one hour session with us to show you the ropes. This session is geared towards teaching you how to use our machines and will get you on the right path to fitness. Schedule your time today on our website. The cost is \$20.

[Schedule Today](#)



Our Silver Sneaker members know that every little bit of exercise helps with the activities of daily living. Members Martha Hammond, Ruth Wright and Janice Smith like to walk on the treadmill, ride bikes, or lift weights before their Silver Sneakers classes. Way to go ladies!

Pictured L-R: Martha Hammond, Janice Smith, Ruth Wright

## 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		
5:30 PM	*SPIN-5:30 ZUMBA-5:30		ZUMBA-5:30			DUE TO HOLIDAYS, SOME CLASSES MAY NOT OCCUR.
6:30 PM		SERENITY YOGA		YOGA WITH JESSICA	*REQUIRES SIGN-UP*	PLEASE WATCH SOCIAL MEDIA ANNOUNCEMENTS

Changes to note for December:

- Due to high demand, Monday Spin is now a sign-up class. See front desk or call 706-418-5901 to reserve your spot today!
- Due to holidays, some classes may not occur. Please watch social media for announcements.

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



## Whole Body Cryotherapy Member Perk



### \$Bulldog Gym Member PERK Alert!!!

We have partnered with Zen Wellness Center in Madison to secure a discount for this service exclusively for Bulldog Gym Members. Use Promo code BULLDOG10 for a 10% discount off of this service.

Whole Body Cryotherapy (i.e., WBC) has been growing in popularity over the past decade as a modality for athletic recovery and a host of other medical and aesthetic applications. To learn more about WBC go to the link below.

[Learn More about WBC](#)

## Benefits of Stretching



pliability™



Stretching photos from pliability.com

At Bulldog Gym you have unique access to the best stretching programming out there Pliability (Formerly known as ROMWOD)". Stretching is an important aspect of physical fitness. It provides flexibility and mobility for your joints and muscles. This program is available 24 x 7, at no charge to our members. Check at the front desk for details.



Every year, members of Bulldog Gym come together to help provide gifts for needy children in our community. Thanks to the coordination efforts of the ML&J foundation, many children are able to wake up to a happy Christmas morning. Help us to help them! Check at the front desk to find out details of how to help with this worthy cause.

## 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.\*+

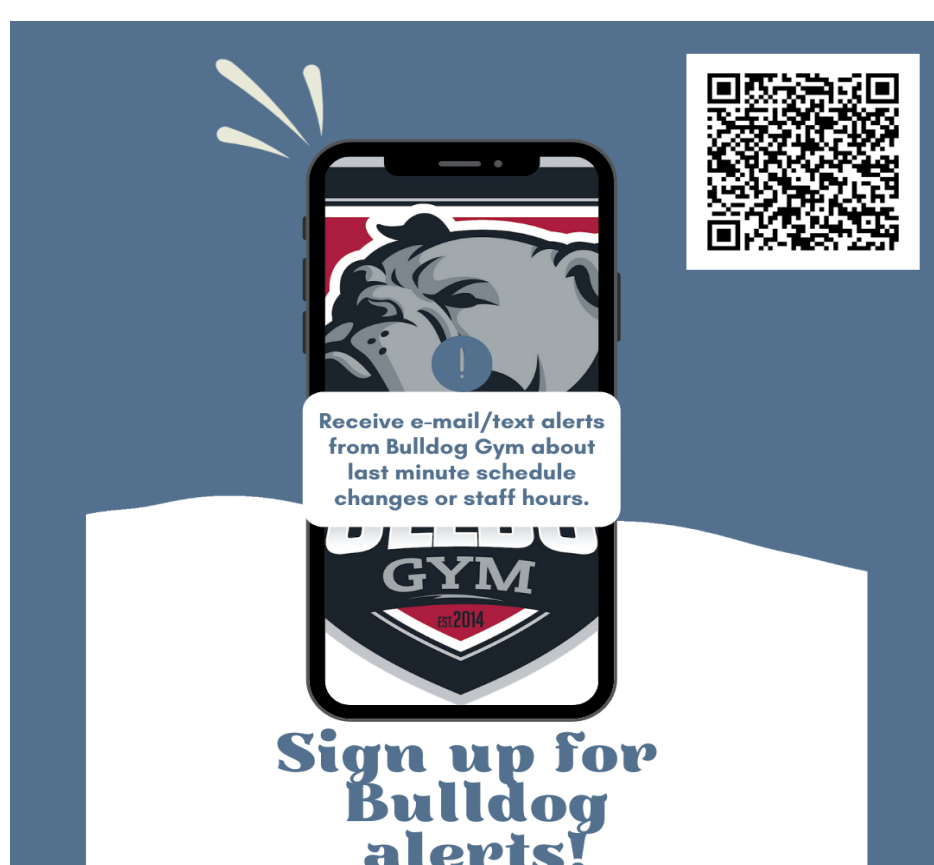


\*Plus pay \$20.00 Facility Fee annually on June 1st

+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](#)



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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**Contact Us At:**

[front.desk@bulldog24x7.com](mailto:front.desk@bulldog24x7.com)

[www.bulldog24x7.com](http://www.bulldog24x7.com)

533 Venture Court

Monticello, GA 31064

706-418-5901

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