



Welcome to the November Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Vacationing Bulldogs



Gym members Pam Edge, Jan Gaston, and Spin Instructor Stephanie Jones recently visited the beautiful state of Colorado. Of course, they wore their treasured Bulldog Gym apparel! Looks like a great time was had by all. Thanks for sharing ladies. Come join Stephanie for her Spin Class on Monday at 5:30 pm.

Member Spotlight



Having the support of a friend or family member for training makes such a difference! A partner gives you the accountability to make it to your training, work harder once you are here, and provide companionship during the process. Bulldog Gym member Brad and Joy Sorrows are a great example of training partners that have seen results. Read their story below:

"I have been coming to Bulldog Gym off and on for 3 years. Through the pandemic and my busy schedule I tried coming as often as possible. This summer my wife, Joy, decided that she wanted to start coming back to the gym. This has been a great experience for us. Not only do we get this time to spend together but I also get to help her crush her fitness goals. I have watched Joy grow so much these past few months and it has been great to be a part of that. We would like to say a Huge Thank You to Bulldog Gym for providing a great facility and the absolute best staff to be able to make all of this happen."

~Brad Sorrows

25th Annual Deer Dash 5K and Fun Run



The 25th Annual Deer Dash 5K and Fun Run is right around the corner!! Join us for a great walk/run around Downtown Monticello!! For details about the race and how you can register, click the links below!!

[Race Details](#)

[Register Here](#)

Reward Yourself



Good health is an obvious reward for your hard work in the gym. However, sometimes you need something more immediate to help you feel better. Think of using our infrared sauna as your treat after a hard workout or class. It's a wonderful and FREE part of your Bulldog Gym membership. Our sauna is available 24x7. So the next time you are thinking of reasons to skip your workout, don't! Remember that you have a relaxing gift of "sauna time" just waiting on you!



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](#)



Stay in the loop while you spend time here at Bulldog Gym. We have free WiFi access for our members to use while here. You will never miss an email and can check out our social media pages while you exercise!

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 | 5:30 HIP HOP STEP WITH ERICA | ZUMBA-5:30 | 5:30 HIP HOP STEP WITH ERICA | | |
| 6:30 PM | FIT CAMP* | SERENITY YOGA | FIT CAMP* *FEE ONLY CLASS | YOGA WITH JESSICA | | *REQUIRES SIGN-UP* |

Changes to note for November:

- 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!
- Fit Camp ends November 9th, stay tuned for the next round coming soon.
- Hip Hop Step with Erica will end Thursday, November 3rd for the time being.

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



NEW EQUIPMENT ALERT

Bulldog Gym has a new piece of equipment, which may seem a bit puzzling if you are new to exercise. It is a GLUTE-HAMSTRING DEVELOPER MACHINE.

Watch the attached video to learn about how to safely use this machine.

[Watch YouTube Video](#)



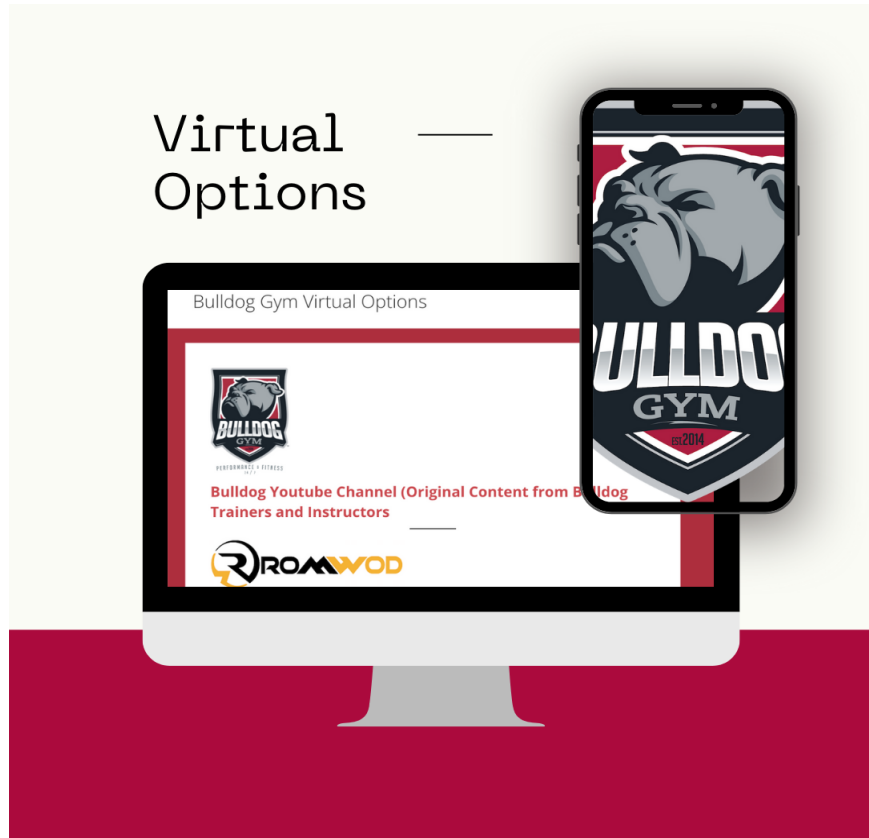
At Bulldog Gym, we are always searching for new ways to help you meet your fitness goals. One area in which many people struggle is taking in enough protein. We have the answer for you...Isopure Protein Drink. Packing 40 grams of protein in a delicious flavor, it really can't be beat! When you are on the go, in the gym, or just hanging out, it's a tasty way to meet your nutritional needs! Try one today! Member featured: Hope Discordia.



Looking for a beautiful
bronze glow??

Check out our new Bronzing Bulbs!!

Looking for a beautiful bronze glow? Our new Bronzing Bulbs have been installed into our tanning bed. Remember that tanning is a free aspect of your Bulldog Gym membership and can be used during our staffed hours.



Sometimes you need to get to the gym, but you can't make it. Check out the virtual options available to our members.

Virtual Options



We have an amazing piece of equipment here at Bulldog Gym, which makes us unique in the fitness world: THE INBODY TOOL. When you join our gym, you receive free INBODY analysis of your body composition. Why is that information important? Read below to find out. WHAT IS BODY COMPOSITION? Body composition is used by health professionals to evaluate a person's weight by breaking it down into its core components: fat, protein, minerals, and body water.

It describes your healthy weight more accurately and provides a better glimpse into your overall health than traditional methods like BMI & weight. Body composition analysis can accurately show changes in fat mass, lean muscle mass, and body fat percentage.

Ready to schedule yours? Click the link to find out how.

Schedule 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



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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