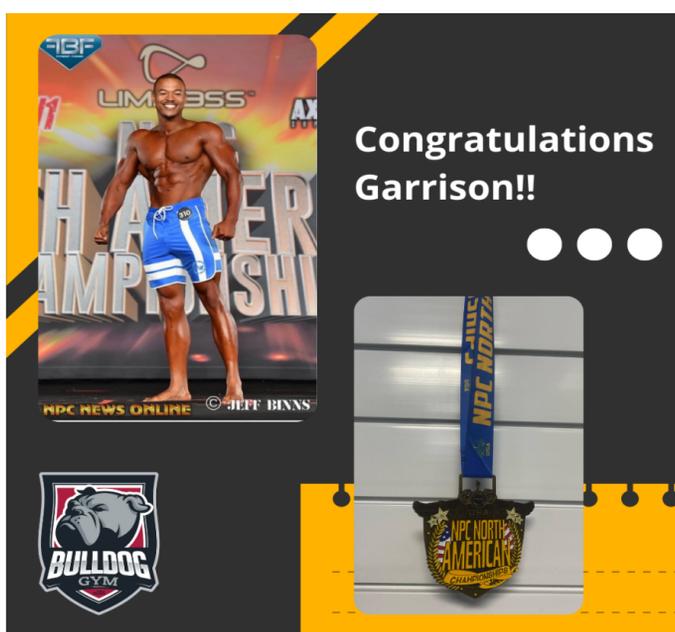




Welcome to the October Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

Congratulations Garrison!



Please join us in congratulating Bulldog Gym Trainer, Garrison Williams, on his recent accomplishments. Garrison, who competes in the Men's Physique division, participated in the 2022 NPC North American Championships held August 31-September 3. In this National level contest, Garrison was ranked among the top 5! What an accomplishment! Garrison's dedication to training and a healthy lifestyle is evident to those who know him. He shared the following, regarding bodybuilding, "I want people to know you don't need drugs to obtain a good or great physique. Have a vision and go after that. Don't put genetic limitations on yourself and don't let others influence your decisions. Stay focused and stay on the grind." □

To learn more about Garrison and our trainers, click [here](#).



Bulldog Gym owner Russ Watts and his son, Clay, recently tackled the Manitou Incline, located in Manitou Springs, Colorado. The Incline is famous for its sweeping views and steep grade, with an average grade of 45% (24°) and as steep as 68% (34°) in places,[2] making it a destination fitness challenge. The incline gains 2,011 feet (613 m) of elevation in 0.88 miles (1.42 km) horizontal. The Incline has approximately 2,744 steps. This was Clay's first ascent and Russ' second. They both adapted specialized techniques to their regular training protocols in order to be ready for this event.

We are so proud of Russ and Clay for dreaming BIG when it comes to fitness accomplishments!

By the way, if you're interested in tackling this summit yourself, contact Russ for tips on logistics and training. He may even want to go with you ☺.

To learn more about Russ and our trainers, click [here](#).



Congratulations to Bulldog Gym's Jamel Gude. Jamel, who is weeks away from his graduation with an undergraduate degree from Kennesaw State University has been accepted into the prestigious Georgia State University's Doctor of Physical Therapy program. We are so proud of you Jamel!

To learn more about Jamel and our trainers, click [here](#).

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

MEMBER SPOTLIGHT JOHNNY SMITH



Meet Johnny Smith, local retired educator, coach, athletic director, and friend to many. When you come to Bulldog Gym, you are likely to run in to Johnny Smith.

He is as dedicated to fitness and good health as they come! Johnny is retired from a distinguished career as Head Master at Piedmont Academy as well as other schools in the south. Much of his time was spent as a coach and athletic director as well. Johnny says that a point of pride for him as a coach and athletic director was working out in the gym with his athletes. At 82 years young, Johnny credits his good health and fitness level to a lifetime of exercise, maintaining a healthy weight, eating a good diet, getting plenty of rest, and dealing with stress in a positive manner. Johnny and his family recently explored the cliffs of England for three weeks. He said he was able to climb and hike the cliffs and byways of the countryside because of the training he does here. Three days per week are used for strength training and three days for cardio. He rests on Sunday! Johnny says of his lifetime of good health and fitness "It's been a long trip, but I've enjoyed the ride!"

Way to go Johnny!

Group Fitness

		October 2022					
	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*	YOGA WITH JESSICA			

☐ Fall into group fitness at Bulldog Gym ☐

Changes to note for October:

- ☐ 5:30pm Hip Hop Step with Erica
- ☐ There will be no Wednesday 5:30pm Spin class
- ☐ No Total Body Fitness on Tuesdays and Thursdays

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

Vacationing Bulldog



Another Bulldog is on the loose! Yoga instructor, Suzanne Zech shared some of her inspiring moments traveling to Yellowstone National Park recently. Suzanne says of her trip, "I enjoyed being at Yellowstone stretching, breathing fresh mountain air, and being mindful of God's beautiful creation!"

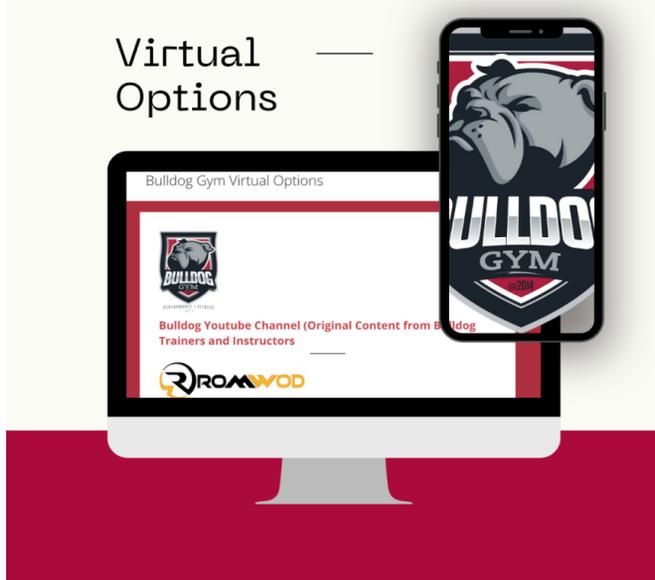
Shoulders and Biceps



Are you wanting to grow your shoulders, but need some new moves to activate your muscles? Short on time also? Try out Alicia's video "Shoulders and Biceps" It's just one of the videos produced by our trainers and instructors here at Bulldog Gym. Check out our Youtube channel today!

YouTube Channel

Virtual Options



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](#)

Ride and Sculpt Class



Are you looking for an intense weight-lifting AND cardio session? Does it need to be early so that you can fit it into your busy day? Then join Todd for Ride and Sculpt on Tuesdays and Thursdays at 7:30-8:30 am. Due to the popularity of this class, you must reserve your spot in advance! Call us today to claim your spot in class.

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

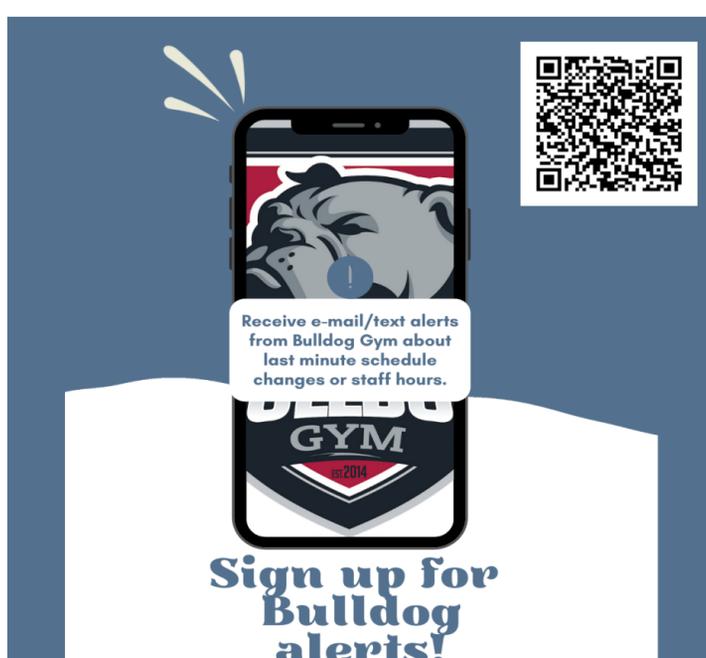
Get an even lower rate when you pre-pay and commit to a full year of membership. Plus no initiation fee is required.*+



*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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