



















# December 2018

Phone: 270.282.0749









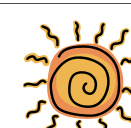





E-mail: info@bgathleticclub.com

SUN	MON	TUE	WED	THUR	FRI	SAT
						1  "A Miracle on College Street Mile" Packet Pick-Up 10AM-12PM Scottsville Road
2  "A Miracle on College Street Mile" 1 mile Run and Walk Starts at 1:30 PM with the Parade to follow.	3 	4 <b>Pop-Up Class:</b> <b>BOUNCE</b> 4:30 pm Nashville Road <i>*Limited spots, please pre-register</i>	5 	6 <b>Pop-Up Class:</b> <b>MetCon</b> 4:30 pm Scottsville Road <i>*Limited spots, please pre-register</i>	7 	8 <b>Pop-Up Class:</b> <b>BOUNCE</b> 9:30 am Nashville Road <i>*Limited spots, please pre-register</i>
9 	10 <b>Featured Class:</b> <b>TRX</b> Nashville Rd @ 4:30 PM	11 <b>REGISTER FOR CLASSES USING OUR FREE MOBILE APP:</b> <b>BACFIT</b> 	12 	13 	14 <b>Featured Class:</b> <b>ZUMBA</b> Scottsville Rd @ 5:45 PM	15 <b>POP-UP CLASS:</b> <b>X-Fitness Class</b> Nashville Road @ 9:30 AM
16 <b>Featured Class:</b> <b>Group Power</b> Scottsville RD @ 3:00 PM	17 	18 	19 <b>Featured Class:</b> <b>Barre Basics</b> Women's Only Side @ 5:30 PM	20 <b>Pop-Up Class:</b> <b>MetCon</b> 4:30 pm Scottsville Road <i>*Limited spots, please pre-register</i>	21 	22 <b>Pop-Up Class:</b> <b>BOUNCE</b> 9:30 am Nashville Road <i>*Limited spots, please pre-register</i>
23 	24  <b>CHRISTMAS EVE HOURS:</b> <b>SCOTTSVILLE RD:</b> Open 5am-1pm* <b>SOUTH:</b> Open 5-1pm* <i>*No Classes or Child Care</i>	25  <b>HAPPY HOLIDAYS!</b> <b>-FROM ALL OF US</b> <b>HERE AT BAC</b> Both locations are closed.	26 <b>RETURN TO NORMAL HOURS AND CLASS SCHEDULE</b> Both locations open at 5 AM	27 <b>Pop-Up Class:</b> <b>BOUNCE</b> 4:30 pm Nashville Road <i>*Limited spots, please pre-register</i>	28 	29 <b>Featured Class:</b> <b>DANCE FIT</b> Scottsville Rd @ 10AM
30 <b>REMINDER:</b> <b>TOMORROW IS THE LAST DAY TO USE YOUR HOLIDAY MAILER COUPONS</b>	31 <b>NEW YEARS EVE HOURS:</b> <b>SCOTTSVILLE RD:</b> Open 5am-3pm* <b>SOUTH:</b> Open 5am-3pm* <i>*No Classes or Child Care</i>	 <b>NEW YEARS DAY HOURS:</b> <b>SCOTTSVILLE RD:</b> Opening at 1 pm* <b>SOUTH:</b> Closed* <i>*No Classes or Child Care</i>		<b>*SEE REVERSE SIDE FOR MORE DETAILS</b>		

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## BOWLING GREEN ATHLETIC CLUB



### Bring a Guest Day:

Bring a friend, family member or co-worker 13yrs of age or older with ID for a free workout. Anyone under age 18 must be accompanied by parent or guardian.

**5th, 13th, 18th & 23rd**



**20% Off 1 Month Tanning Package:  
9th & 21st**



**20% off BAC Gear:**

\*Discount does not apply towards cyclone cups

**7th**

DECEMBER  
EVENTS



**1/2 Price Smoothies:  
3rd, 12th, 17th & 28th**

- 12/1: Packet Pick-up for "A Miracle on College Street Mile" run/walk will be from 10 am-12 pm at the Scottsville Road location.
- 12/2: "A Miracle on College Street Mile" 1 Mile Run and Walk starts at 1:30 PM with the Parade to follow.
- 12/4: Pop-Up Bounce class @ 4:30 pm. Nashville Road location. Please pre-register to reserve your spot.
- 12/6: Pop-Up MetCon class @ 4:30 pm. Scottsville Road location. Please pre-register to reserve your spot.
- 12/8: Pop-Up Bounce class @ 9:30 am. Nashville Road location. Please pre-register to reserve your spot.
- 12/10: Featured Class: TRX Suspension Training @ 4:30 pm offered at the Nashville Road location.
- 12/11: Download our Mobile App so you can register for classes and scan in using your phone.
- 12/14: Featured Class: Zumba @ 5:45pm offered in our Co-ed classroom.
- 12/15: Pop-Up X-Fitness class at our Nashville Road location @ 9:30 am
- 12/16: Featured Class: Group Power @ 3:00 pm offered in our Co-ed classroom.
- 12/19: Featured Class: Barre Basics @ 5:30 pm offered in the Women's Only Classroom.
- 12/20: Pop-Up MetCon class @ 4:30 pm. Scottsville Road location. Please pre-register to reserve your spot.
- 12/22: Pop-Up Bounce class @ 9:30 am. Nashville Road location. Please pre-register to reserve your spot.
- 12/24: Christmas Eve Hours: Scottsville Road and South pen 5am-1pm. No Classes or Child Care
- 12/25: Happy Holidays! Both locations are closed.
- 12/26: Both locations at 5am and returning to normal schedule.
- 12/27: Pop-Up Bounce class @ 4:30 pm. Nashville Road location. Please pre-register to reserve your spot.
- 12/29: Featured Class: Dance Fit @ 10 am offered in our co-ed Classroom.
- 12/30: Reminder that tomorrow is the final day to use the Holiday Mailer coupons.
- 12/31: New Years Eve Hours: Scottsville Road and South will be open 5am-3pm. No Classes or Child Care.
- 1/1: New Years Day Hours: Scottsville will be opening at 1pm. South will be closed. No Classes or Child Care.

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