

JANUARY 2019

Phone: 270.282.0749
E-mail: info@bgathleticclub.com

SUN	MON	TUE	WED	THUR	FRI	SAT
	NEW YEARS EVE HOURS: SCOTTSVILLE RD: Open 5am-3pm* SOUTH: Open 5am-3pm* *No Classes or Child Care	NEW YEARS DAY HOURS: SCOTTSVILLE RD: Opening at 1 pm* SOUTH: Closed* *No Classes or Child Care	RETURN TO NORMAL HOURS <div style="border: 1px dashed red; padding: 2px; text-align: center;"> NEW CLASS SCHEDULE BEGINS </div>		New Class Promo: FEATURED FRIDAY Scottsville Rd @ 8:45am	Group Power Routine Release Scottsville Road @ 8:45am Dance Jam Scottsville Road @ 10am
BONUS CLASS: ONLY FOR JANUARY YOGA-POWER Scottsville road @ 3:30pm		New Class Promo: BOUNCE Nashville Rd @ INTRO CLASS: GROUP POWER Scottsville road @ 4:30pm	New Class Promo: PIYO-Level 1 Women's Classroom @ 9 am	Cardio Kick Release Scottsville Road @ 8:45am *BRING A FRIEND FOR FREE*		BONUS CLASS: X-FITNESS CLASS Nashville Road @ 9:30am
BONUS CLASS: ONLY FOR JANUARY YOGA-POWER Scottsville road @ 3:30pm	New Class Promo: YOGA Scottsville Rd @ 10am	INTRO CLASS: YOGA SERIES Scottsville road @ 4:30pm		Cardio Kick Release Scottsville Road @ 8:45am *BRING A FRIEND FOR FREE*		 New Class Promo: TONE & SCULPT Scottsville Rd @ 8:45am
BONUS CLASS: ONLY FOR JANUARY YOGA-POWER Scottsville road @ 3:30pm	BONUS CLASS: BOUNCE Nashville Road @ 4:30pm	INTRO CLASS: GROUP POWER Scottsville road @ 4:30pm				Our annual FITNESS FAIR: Scottsville road @ 8:30-1pm
BONUS CLASS: ONLY FOR JANUARY YOGA-POWER Scottsville road @ 3:30pm	REGISTER FOR CLASSES USING OUR FREE MOBILE APP: BACFIT 	INTRO CLASS: YOGA SERIES Scottsville road @ 4:30pm				
					*SEE REVERSE SIDE FOR MORE DETAILS	

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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.

11th, 19th, 23rd & 31st



20% Off 1 Month Tanning Package:

24th



20% off BAC Gear:

*Discount does not apply towards cyclone cups

18th

**JANUARY
EVENTS**



1/2 Price Smoothies:

3rd, 7th, 16th, 25th & 30th

1/1: Happy New Year! Scottsville Road will be opening at 1pm with no classes or child care. South will be closed all day.

1/2: Both clubs return to normal hours. **New class schedule begins.**

1/4: **New Class Promo- FEATURED FRIDAY** Scottsville road @ 8:45am

1/5: **New Group Power routine release**-Scottsville road @ 8:45am & **Dance Jam**-Scottsville road @ 10am

1/6: **Bonus Class-Yoga Power** Scottsville road @ 3:30pm. Only offered during the month of January.

1/8: **New Class Promo-BOUNCE** Nashville road @ 4:30pm & **Intro Class: Group Power** at Scottsville road 4:30pm

1/9: **New Promo Class-PIYO-Level 1** Scottsville road at 9am.

1/10: **Cardio Kick routine release** @ Scottsville road 8:45am Bring a friend for free to this class. Door prizes will be given away.

1/12: **Bonus Class-X-Fitness** Nashville road @ 9:30am.

1/13: **Bonus Class-Yoga Power** Scottsville road @ 3:30pm. Only offered during the month of January.

1/14: **New Class Promo: YOGA** @ Scottsville road 10am

1/15: **Intro Class: Yoga Series** at Scottsville road 4:30pm

1/17: **Cardio Kick routine release** @ Scottsville road 8:45am Bring a friend for free to this class. Door prizes will be given away.

1/19: **New Class Promo: TONE & SCULPT** @ Scottsville road 8:45am

1/20: **Bonus Class-Yoga Power** Scottsville road @ 3:30pm. Only offered during the month of January.

1/21: **Bonus Class-Bounce** Nashville road @ 4:30pm.

1/22: **Intro Class: Group Power** at Scottsville road 4:30pm

1/26: **Annual Fitness Fair** @ Scottsville road from 8:30am-1pm. We'll have vendors, door prizes and fun activities going on.

1/27: **Bonus Class-Yoga Power** Scottsville road @ 3:30pm. Only offered during the month of January.

1/29: **Intro Class: Yoga Series** at Scottsville road 4:30pm

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