





























FEBRUARY 2019

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

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>NEW CLASS ADDED ON SUNDAYS: YOGA Scottsville Rd @ 3:30pm</p>					<p>Class Promo: TRX CIRCUIT Nashville Rd @ 12pm (30 min class)</p>	
	<p>Cardio Kick Release Nashville Road @ 5:45pm *BRING A FRIEND FOR FREE*</p>	<p>INTRO CLASS: CARDIO KICK Scottsville road @ 4:30pm</p>	<p>Cardio Kick Release Nashville Road @ 5:45pm *BRING A FRIEND FOR FREE*</p>			<p>Class Promo: DANCE FIT Scottsville Rd @ 10am</p>
<p>Class Promo: ZUMBA Women's Classroom @ 2pm</p>		<p>INTRO CLASS: YOGA SERIES Scottsville road @ 4:30pm</p>		<p>HAPPY VALENTINE'S DAY</p>		<p>Class Promo: TONE & SCULPT Women's Classroom @ 9am</p>
	<p>Class Promo: GROUP POWER Scottsville Rd 5:45am/8:45am/5:45pm</p>	<p>INTRO CLASS: CARDIO KICK Scottsville road @ 4:30pm</p>		<p>Class Promo: TOTAL BODY CIRCUIT Women's Classroom @ 5:30pm</p>	 <p>Zumba Dance Party 5:45-7PM</p>	<p>BONUS CLASS: X-FITNESS CLASS Nashville Road @ 9:30am</p>
		<p>INTRO CLASS: YOGA SERIES Scottsville road @ 4:30pm</p>	<p>Class Promo: ZUMBA Scottsville Road @ 7:00pm</p>	 <p>REGISTER FOR CLASSES USING OUR FREE MOBILE APP: BACFIT</p>		
				<p>*SEE REVERSE SIDE FOR MORE DETAILS</p>		

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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.

7th, 16th, 20th & 24th



**20% Off 1 Month Tanning Package:
8th & 25th**



20% off BAC Gear:

*Discount does not apply towards cyclone cups

13th & 17th



1/2 Price Smoothies:

3rd, 11th, 22nd & 27th

FEBRUARY EVENTS

NEW IN FEBRUARY: Yoga-Power has been added to the Scottsville road class schedule. Class will be held in the Co-ed room @ 3:30pm.

2/1: Class Promo- TRX CIRCUIT Nashville road @ 12pm (30 minute class)

2/2: Happy Groundhog Day!

2/4: Cardio Kick routine release at Nashville road 5:45pm Bring a friend for free to this class.

2/5: Intro Class: Cardio Kick at Scottsville road 4:30pm

2/6: Cardio Kick routine release at Nashville road 5:45pm Bring a friend for free to this class.

2/9: Class Promo- DANCE FIT Scottsville road @ 10am

2/10: Class Promo- ZUMBA Women's Classroom @ 2pm

2/12: Intro Class: Yoga Series at Scottsville road 4:30pm

2/14: Happy Valentines Day!

2/16: Class Promo- TONE & SCULPT Women's Classroom @ 9am

2/18: Class Promo- GROUP POWER Scottsville road @ 5:45am/8:45am/5:45pm

2/19: Intro Class: Cardio Kick at Scottsville road 4:30pm

2/21: Class Promo- Total Body Circuit Women's Classroom @ 5:30pm

2/22: Zumba Dance Party 5:45-7PM

2/23: BONUS CLASS: X-FITNESS class Nashville road @ 9:30am

2/26: Intro Class: Yoga Series at Scottsville road 4:30pm

2/27: Class Promo- ZUMBA Scottsville road @ 7pm

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