

APRIL 2019

SUN	MON	TUE	WED	THUR	FRI	SAT
NEW CLASS SCHEDULE BEGINS THIS MONTH	1 Class Promo: Spin w/Leslie South @ 5:30am Bonus Class: Zumba @ 5:30pm Women's Classroom with Shelly	2 Class Promo: Spin w/Wendy Scottsville Rd @ 5:30am	3 Class Promo: Total Body Circuit w/Hillary Women's Classroom @ 9am	4 Class Promo: CGAP w/Steve Scottsville Rd @ 10am	5 BAC Gear 20% OFF	6 Class Promo: Movement Mentality w/Justin Scottsville Rd @ 6:30am
7 Class Promo: Yoga-Power w/Jen Scottsville Rd @ 3:30pm	8 Bonus Class: Zumba @ 5:30pm Women's Classroom with Shelly	9 Class Promo: Rep & Step w/Betsy Women's Classroom @ 9am	10 Class Promo: Movement Mentality w/Justin Scottsville Rd @ 5:30pm	11 Class Promo: Zumba w/Nicole South @ 5:45pm	12	13 New Group Power Release @ 8:45 am
14 Class Promo: Zumba w/Shelly Women's Classroom @ 2pm	15 POUND CLASSES BEGIN Join Hannah for Pound class @ 5:30pm in the Women's Classroom	16 Class Promo: Cardio Kick w/Carla Women's Classroom @ 5:30pm	17 Class Promo: Dance Mix w/Jamie Scottsville Rd @ 7pm	18 Bonus Class: Bounce w/Michelle South @ 4:30pm Class Promo: Yoga-Power Flow w/Jen Scottsville Rd @ 4:30pm	19 Class Promo: MetCon w/Jamie & Mark Scottsville Rd @ 4:30pm	20 Class Promo: Movement Mentality w/Justin Scottsville Road @ 10am
21 HAPPY EASTER! NORMAL HOURS NO CLASSES	22 complete nutrition Workshop: Complete Nutrition will be set up from 4-6pm to talk about their products	23 Class Promo: Zumba w/Tiffany South @ 5:45pm	24 Class Promo: TRX Suspension Training w/Justin South @ 8:30 am	25 Class Promo: 30 Minute Challenge w/Betsy Scottsville Rd @ 12pm Last day to sign up for Tammy's 60 Day Challenge and attend the Nutrition Class	26	27 Bonus Class: BOUNCE w/Michelle South @ 9:30am
28 Class Promo: Group Power w/Beth Scottsville Rd @ 2pm	29 Class Promo: Movement Mentality w/Justin Scottsville Rd @ 5:30pm	30 Stuff The Bus 5K Fun Run Registration 4-6pm Scottsville Road				

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BOWLING GREEN ATHLETIC CLUB



BRING A GUEST DAY:

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

2nd, 10th, 18th & 26th

BAC Gear
20% OFF

20% OFF BAC GEAR

* Discount does not apply towards cyclone cups

4th & 23rd



1/2 PRICE SMOOTHIE DAYS:

1st, 9th, 12th, 17th, & 25th



20% OFF 1 MONTH TANNING PACKAGES

*Tanning packages expire 1 month from date of purchase

8th & 24th

APRIL EVENTS

OUR NEW GROUP FITNESS CLASS SCHEDULE BEGINS THIS MONTH. GRAB YOUR COPY AT THE FRONT DESK OR CHECK THE SCHEDULE ONLINE

4/13: The new Group Power quarterly routine release @ 8:45am. Come early to get your spot!

4/21: Happy Easter! Normal hours (Scottsville Road: 7am-7pm) No Classes

4/22: Complete Nutrition will be here to answer any questions you have about their product. Scottsville Road.

4/25: Last day to sign up for Tammy's 60 Day Challenge and be able to attend the nutrition class and Q&A session. You can still register up till May 1st for the Challenge.

4/30: Registration table for the Stuff the Bus Family Fun Run 5K. This year with a kid's run. 4-6pm @ Scottsville road.

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