

# 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 or guardian

**3rd, 6th, 10th, 21st & 25th**

BAC Gear

20% OFF

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\* Discount does not apply towards cyclone cups or online orders.

**1st & 20th**



## 1/2 PRICE SMOOTHIE DAYS:

**4th, 13th, 18th, 23rd & 29th**



## 20% OFF 1 MONTH TANNING PACKAGES

\*Tanning packages expire 1 month from date of purchase

**9th & 30th**

## SEPTEMBER EVENTS

9/2: Special Labor Day Hours: Scottsville Road open 5AM-3PM\*. \*No Classes, No Child Care. South is Closed. Both locations re-open Tuesday at 5AM.

9/3: Intro to Yoga 4 week Series with Jen and Craig. Scottsville Road @ 7PM in the Co-ed Classroom.

9/5: New Cardio Kick Release- Scottsville Road @ 8:45 AM. Bring a guest for free and enter to win a giveaway. Bringing a guest gets you an additional entry into the drawing. Guest must have ID.

9/8: Dance Jam Session with Craig! Scottsville Road @ 1 PM in the Co-ed Classroom. This class is 45 mins.

9/10: Intro to Yoga 4 week Series with Jen and Craig. Scottsville Road @ 7PM in the Co-ed Classroom.

9/12: New Cardio Kick Release- Scottsville Road @ 8:45 AM. Bring a guest for free and enter to win a giveaway. Bringing a guest gets you an additional entry into the drawing. Guest must have ID.

9/17: Vote on the Daily New website for BAC in the Best Gym/Place to Workout. Look for a link on our Facebook for the Best of BG 2019 voting.

9/22: Dance Jam Session with Craig! Scottsville Road @ 1 PM in the Co-ed Classroom. This class is 45 mins.

9/26: Special Cardio Kick Class: Donations will be collected to go towards the Susan G. Komen Walk. Scottsville Road @ 8:45 AM.

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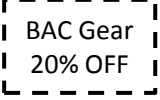
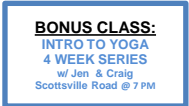



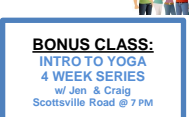



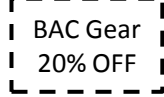






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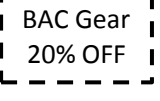








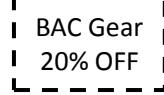






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# SEPTEMBER 2019

SUN	MON	TUE	WED	THUR	FRI	SAT
1 	2 <b>LABOR DAY HOURS:</b> Scotts. Rd: Open 5AM-3PM* *No Classes, No Child Care South: Closed	3 	4 	5 <b>NEW CARDIO KICK RELEASE</b> Scottsville Road @ 8:45AM *Bring a friend for free and enter to win a giveaway	6 	7 <b>BONUS CLASS: BOUNCE</b> w/ Betsy South @ 9:30 am
8 <b>BONUS CLASS: DANCE JAM</b> w/ Craig Scottsville Road @ 1 PM	9 	10 	11 <b>Class Promo:</b> Total Body Circuit w/ Karyn Women's Classroom @ 9 AM	12 <b>NEW CARDIO KICK RELEASE</b> Scottsville Road @ 8:45AM *Bring a friend for free and enter to win a giveaway	13 	14 <b>BONUS CLASS: TRX</b> w/ Joseph South @ 12:15 PM
15 <b>Class Promo:</b> Zumba w/ Shelly Women's Classroom @ 2 PM	16 <b>Class Promo:</b> MetCon w/ Jamie&Mark Scottsville Rd @ 4:30 PM	17 <b>DON'T FORGET TO VOTE FOR BAC!</b> 	18 	19 <b>Class Promo:</b> TRX w/ Joseph South @ 8:30 AM	20 	21 
22 <b>BONUS CLASS: DANCE JAM</b> w/ Craig Scottsville Road @ 1 PM	23 	24 <b>Class Promo:</b> Rep & Step w/ Betsy Scottsville Rd @ 8:45 AM	25 	26 <b>CARDIO KICK CLASS</b> Donations accepted to go toward the SUSAN G. KOMEN Walk Scottsville Road @ 8:45AM *Bring a friend for free	27 <b>Class Promo:</b> Spin w/ Leslie South @ 5:30 AM	28 <b>BONUS CLASS: TRX</b> w/ Joseph South @ 12:15 PM
29 	30 					
				<b>NEW CLASS SCHEDULE BEGINS OCTOBER 1ST</b>		

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