



# CLUB LIFE



## CLUB HIGHLIGHTS

### NEW TRAINER AT BAY CLUB REDONDO BEACH

Welcome to Bryce Vitt! Bryce specializes in muscle building, weight loss, and athletic performance training.

### CIRQUE-IT® FITNESS POP-UP CLASS

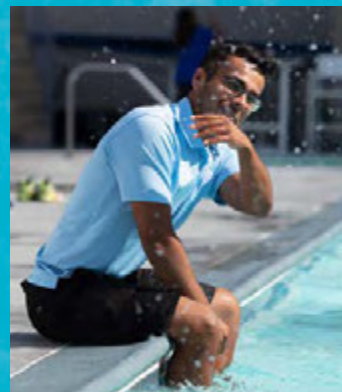
Tuesday, August 16 | 5:30 pm  
Cirque-It® Fitness is a 45-minute circus-infused circuit training at Bay Club Santa Monica. To RSVP, please visit Bay Club Connect.

### BAY CLUB SUMMER CAMP CONTINUES

Weekdays | 9:00 am-4:00 pm  
The kids are having a blast at Bay Club El Segundo. Spaces are filling up, so sign up today on Bay Club Connect.

## A TOAST TO THE END OF SUMMER

Summer is winding down, but there's still time to make unforgettable memories with your favorite people before the new school year begins. Get some sun at the Club and enjoy poolside fun for the whole family, or check out our end-of-summer family-friendly events.



## WE'RE GROWING OUR TEAM!

Interested in a career that's fun and rewarding? Join the Bay Club crew. Scan the QR code to learn more.





**“POPCORN NIGHT” AT BAY CLUB REDONDO BEACH**

Tuesday, August 16 | 7:00 pm-8:30 pm

Watch the Dodgers take on the Brewers while enjoying complimentary popcorn. Not into baseball? Stop by and grab some popcorn anyway.



**MEMBER APPRECIATION “MIMOSAS” AT BAY CLUB REDONDO BEACH**

Saturday, August 20 | 10:00 am-11:30 am

Ease your way into the weekend with a mimosa or two on us. No sign-ups are required. Thank you for being a valued member!



**SUMMER MOVIE SERIES AT BAY CLUB SANTA MONICA**

Thursday, August 25 | 7:30 pm

Join us for a fun-filled outdoor movie night on the Lawn for a showing of Disney’s Encanto. To RSVP, please email [events.bcsm@bayclubs.com](mailto:events.bcsm@bayclubs.com).



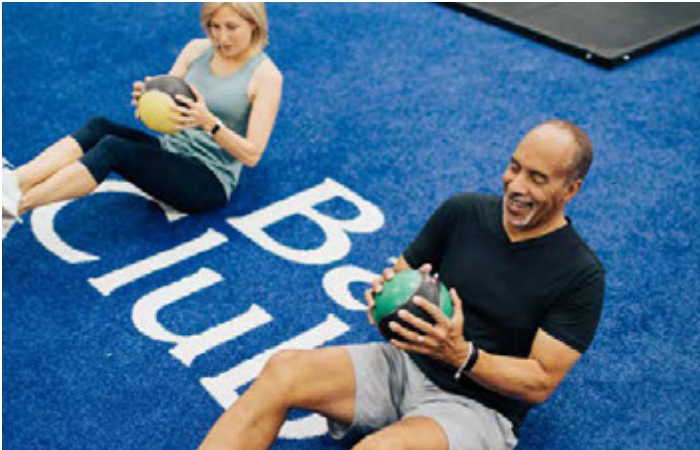
**DIRTY LATTE CO. AT BAY CLUB REDONDO BEACH**

Saturday, August 27 | 10:00 am-12:00 pm

Enjoy a wide variety of espresso-based coffees from the Dirty Latte Co. Please redeem a ticket at the Front Desk.

**NEW EVENING CLUBHOUSE HOURS AT BAY CLUB EL SEGUNDO**

Beginning Monday, August 22, you will be able to make Clubhouse reservations Monday through Wednesday, between 4:00 pm and 7:30pm. This is available for children on your membership ages 6 weeks to 12 years old.



### SUMMER SIZZLIN' SHOWCASE AT BAY CLUB EL SEGUNDO

August 20 | 9:00 am-9:50 am

Meet us on the half court for a high-energy 50-minute strength training session for our showcase of the month. Sign up on Bay Club Connect, and bring a friend.



### BATTLE ON THE BEACH AT BAY CLUB REDONDO BEACH

Thursday, August 11 | 4:00 pm-4:50 pm

Get ready for the ultimate beach cardio and strength training experience to strengthen your body and mind.



### GLIDEFIT AT BAY CLUB REDONDO BEACH

Friday, August 26 | 6:30 pm-7:30 pm

Welcome to happy hour and yoga in the Pool. GlideFit is a great way to make working out FUN. Sign up today on Bay Club Connect.



### FITNESS & FROZE AT BAY CLUB SANTA MONICA

Monday, August 29 | 5:30 pm-7:30 pm

Stop by for Sips & Tips to ask all your burning fitness questions, meet our amazing training team, and get an exhilarating workout with refreshing drinks.

### BOYS OF SUMMER AT BAY CLUB SANTA MONICA

Tuesday, August 9 | 5:30 pm-7:30 pm

Join the hottest collaboration of 2022 with Barry, Afolabi, and Tristan. Cycle with Barry at 5:30 pm, HIIT with Afolabi at 6:00 pm, and conclude your workout with Tristan at 6:30 pm, followed by a complimentary cocktail hour.



# CALENDAR OF EVENTS



## CLUB HOURS OF OPERATIONS

**BAY CLUB SANTA MONICA**  
**Monday through Thursday:** 6:00 am-9:00 pm  
**Friday:** 6:00 am-7:00 pm  
**Saturday and Sunday:** 7:00 am-3:00 pm

**BAY CLUB REDONDO BEACH**  
**Monday through Friday:** 5:30 am-9:00 pm  
**Saturday and Sunday:** 7:00 am-7:00 pm

**BAY CLUB EL SEGUNDO**  
**Monday through Thursday:** 5:30 am-10:00 pm  
**Friday:** 5:30 am-9:00 pm  
**Saturday and Sunday:** 7:00 am-7:00 pm

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3 National Watermelon Day	4	5	6 PiYo & Popsicles at Bay Club Santa Monica 11:00 am
7	8	9 Boys of Summer at Bay Club Santa Monica 5:30 pm-7:30 pm	10	11 Battle on the Beach at Bay Club Redondo Beach 4:00 pm-4:50 pm	12	13
14	15 Totally Awesome 80's Ride with Kristen at Bay Club El Segundo 8:00 am	16 "Popcorn Night" at Bay Club Redondo Beach 7:00 pm-8:30 pm Cirque-It® Fitness Pop-Up Class at Bay Club Santa Monica 5:30 pm	17 Totally Awesome 80's Ride with Kristen at Bay Club El Segundo 4:30 pm	18	19	20 Member Appreciation Surprise Delights "Mimosas" at Bay Club Redondo Beach 10:00 am-11:30 am Summer Sizzlin' Showcase at Bay Club El Segundo 9:00 am-9:50 am
21	22	23	24	25 Bike & Battle: 1980's Edition at Bay Club El Segundo 8:00 am Summer Movie Series at Bay Club Santa Monica: Disney's Encanto 7:30 pm	26 GlideFit Happy Hour at Bay Club Redondo Beach 6:30 pm-7:30 pm	27 Dirty Latte Co. at Bay Club Redondo Beach 10:00 am-12:00 pm
28 GlideFit at Bay Club Redondo Beach 12:00 pm-2:00 pm	29 Fitness & Froze at Bay Club Santa Monica 5:30 pm-7:30 pm	30	31	1	2	3

## Did you know you have two ways to make your monthly membership payments?

- Using a Card on File: Securely store your payment information and manually submit payments.
- Auto-Pay: The Club will have your balance automatically paid from your bank account.

Need to change your payment information? Log in to Bay Club Connect under "Billing". It's easier than ever to stay on top of your billing and make your membership payments before the end of the month!

Activities and classes are subject to change at any time. Check Bay Club Connect for the latest updates, or contact the Front Desk if you have any questions.